**PSHE & RSE at Crowdys Hill School**

To meet the new requirements of the Government expectations for RSE and Health Education within the PSHE curriculum, we have created a new scheme of learning to include the statutory content.

The aims of our personal, social, health and economic (PSHE) education in our school are for our pupils to embrace the challenges of creating happy and successful adult lives, they need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships, and to build their self-belief.

The Pupils will develop skills and knowledge of things that matter to them now and into the future. Staff will promote emotional wellbeing and equip pupils with ways to support their personal, social, health and economic aspects of life.

The **PSHE** curriculum is split into 6 learning areas:

* Self Awareness
* Changing and Growing
* Healthy Lifestyles
* Managing Feelings
* Self Care, Support and Safety
* The World I Live In

PSHE lessons at Crowdys Hill will be taught with the following aims as priority:

* Provide a framework in which sensitive discussions can take place
* Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
* Help pupils develop feelings of self-respect, confidence and empathy
* Create a positive culture around issues of sexuality and relationships
* Teach pupils the correct vocabulary to describe themselves and their bodies
* Relationships and sex education (RSE) at Crowdys Hill is focused on preparing children for changes they will see and experience. The children will learn about the different relationships they have, how their body will change and grow and how they can keep themselves and others safe.

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| Within the PSHE curriculum, Health & RSE learning opportunities will include: |
| **KS1 & 2** |
| * Families and people who care for me |
| * Caring friendships |
| * Respectful relationships |
| * Online relationships |
| * Being safe |
| * Mental wellbeing |
| * Internet safety and harms |
| **KS3 – KS5** |
| * Families |
| * Respectful relationships including friendships |
| * Online and media |
| * Being safe |
| * Intimate and sexual relationships including sexual health |
| * Mental wellbeing |
| * Internet safety and harms |
| * Health Education KS1 – KS5 |
| * Physical health and fitness |
| * Healthy eating |
| * Drugs, alcohol and tobacco |
| * Health and prevention |
| * Basic first aid   We have used the SEND framework from the PSHE Association to ensure we cover content that is appropriate for our pupils. At times children may be taught in single sex or smaller groups by either the class teacher or teaching assistant for more sensitive content of the curriculum.  **RE and British values**  RE allows our pupils to explore British values, our quality teaching of RE can enable pupils to learn to think for themselves about them. We teach our pupils to understand that a fair community is that each person’s right to ‘be themselves’ is to be accepted by all. We challenge our pupils to be increasingly respectful and to celebrate diversity.  The curriculum for RE aims to ensure that all pupils:   * **Know about and understand a range of religions and worldviews** * **Express ideas and insights about the nature, significance and impact of religions and worldviews** * **Gain and deploy the skills needed to engage seriously with religions and worldviews**   RE helps pupils become successful learners and responsible citizens by enabling them to:  •develop important skills, knowledge and understanding of themselves, others and the world in which they live.  •build progression from simple skills such as naming, recognising and recalling, to complex and demanding skills such critical evaluation.  •develop both respect and sensitivity to other people’s beliefs and values  •learn about different people, cultures and environments in an atmosphere of diversity and tolerance |