Newhall Junior School

PSHE

Intent

At Newhall Junior School, we value PSHE and Relationships, Sex and Health Education (RSHE) as a vital part of children's personal development, helping them to understand and respect who they are, develop their voice, and prepare for life and learning beyond school.

Our PSHE and RSHE curriculum aims to:

- Develop confident, respectful and responsible citizens.
- Promote positive mental health, emotional wellbeing and resilience.
- Equip pupils with the knowledge and skills to build healthy, respectful and safe relationships.
- Foster high aspirations, self-belief and independence.
- Teach pupils how to keep themselves safe, including online.
- Develop understanding of diversity, equality and inclusion.
- Prepare pupils for life in a diverse and ever-changing world.
- Ensure all pupils, including those with SEND and disadvantaged pupils, can succeed and thrive.

We want children to leave Newhall Junior School with the knowledge, understanding and emotional resilience to play an active, positive and successful role in modern society. Through carefully planned learning, pupils develop an understanding of themselves and others, learn how to manage challenges positively, make informed decisions, develop healthy relationships and understand how to stay physically, mentally and digitally safe.

PSHE and RSHE are taught weekly from Year 3 to Year 6 through the Jigsaw scheme. Learning is carefully sequenced so that knowledge, vocabulary and skills build progressively year upon year, enabling pupils to know more, remember more and apply their learning in real-life situations.

Our curriculum supports the development of emotional literacy, resilience, mental and physical wellbeing, respectful relationships, personal safety and online safety. Through this, we aim to prepare pupils not only for the next stage of their education but also for healthy, safe and fulfilling lives in modern Britain.

Implementation

Newhall Junior School whole school curriculum map

PSHE Long-Term Plan

	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Year 3	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 4	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 5	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 6	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me

PSHE and RSHE are taught weekly from Year 3 to Year 6 through the **Jigsaw** scheme. The curriculum is carefully sequenced through six half-term units, with each theme revisited annually to build progressively on pupils' prior knowledge, understanding and skills. Each lesson includes learning linked to statutory Relationships, Sex and Health Education alongside the development of emotional literacy, resilience and social skills.

Key features of our curriculum include:

- A progressive curriculum that revisits and develops key themes each year.
- Explicit teaching of relationships, health, wellbeing, personal safety and online safety.
- A strong focus on emotional literacy, self-regulation and positive mental health.
- Mindfulness activities that promote reflection, self-awareness and emotional wellbeing.
- Opportunities for pupils to discuss, reflect and apply their learning in real-life contexts.

- Age-appropriate and inclusive teaching that reflects diversity, equality and respect.

Each lesson begins with a mindfulness activity and includes opportunities for pupils to reflect on their thoughts, feelings and experiences. Reflection activities encourage children to consider the knowledge, skills and personal qualities they are developing and how these can be applied beyond the classroom.

Our curriculum fully reflects current statutory Relationships, Sex and Health Education requirements and prepares pupils for life in modern Britain. It covers healthy and respectful relationships, physical and mental health, personal safety, online relationships and online safety, whilst promoting safeguarding and pupil wellbeing throughout.

Assessment is ongoing and informs future learning through discussion, questioning, observations and pupil reflection. Through high-quality teaching and a carefully sequenced curriculum, all pupils are supported to develop the knowledge, skills and understanding needed to stay safe, healthy and successful both now and in the future.

Impact

By the time children leave Newhall Junior School, they are equipped with the knowledge, skills and personal attributes needed to navigate an increasingly complex and diverse world. They are able to approach a range of real-life situations with confidence, applying what they have learned to make informed and responsible decisions.

Pupils develop into healthy, open-minded, respectful, socially and morally responsible members of society who value and celebrate difference and diversity. They understand and demonstrate the British Values of democracy, individual liberty, mutual respect, tolerance and the rule of law, and recognise the importance of these values in modern Britain.

Children leave school with the emotional literacy and resilience needed to understand and manage their emotions, maintain positive mental health and wellbeing, and seek support when needed. They build positive self-esteem, develop self-confidence and show respect for themselves and others.

Through their learning, pupils develop the knowledge and skills required to form healthy, positive and respectful relationships, both now and in the future. They understand the physical aspects of Relationships and Sex Education at an age-appropriate level and know how to keep themselves safe, including online. Above all, they leave Newhall Junior School as confident, resilient and responsible young people who are well prepared for the next stage of their education and life beyond primary school.