Askwith Primary School

PSHE Rationale 2026–2027

Our Vision

At Askwith Primary School, we believe that Personal, Social, Health and Economic (PSHE) education is an essential part of a broad, ambitious and knowledge-rich curriculum. PSHE supports pupils to develop the knowledge, skills, attributes and character needed to thrive in modern Britain, maintain positive relationships, manage their physical and mental wellbeing and become active, responsible citizens. Our curriculum is designed to support every pupil to understand themselves, respect others and make informed choices throughout their lives.

Curriculum Intent

Our PSHE curriculum provides a coherent and ambitious journey from EYFS to the end of Key Stage 2. Beginning with Personal, Social and Emotional Development (PSED) in the Early Years, pupils develop increasingly sophisticated knowledge and understanding of relationships, health and wellbeing, and life in the wider world through a carefully sequenced and age-appropriate curriculum.

Curriculum Principles

The curriculum is informed by the PSHE Association Programme of Study, the EYFS Statutory Framework, statutory Relationships Education, statutory Health Education and the Department for Education's Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance (2019). Teaching develops both **substantive knowledge** (what pupils know about relationships, health, wellbeing, citizenship and safety) and **disciplinary knowledge** (how pupils apply this knowledge to make informed decisions, manage risk, communicate effectively and contribute positively to society).

Curriculum

The curriculum is built around the three core PSHE themes:

- **Relationships**
- **Health and Wellbeing**
- **Living in the Wider World**

These strands are systematically revisited through a spiral curriculum so that pupils continuously build upon prior learning and develop increasing understanding, confidence and independence. Assemblies, family groups, enrichment opportunities and wider school experiences further strengthen and deepen learning across all three themes.

Progression and Sequencing

Knowledge is carefully mapped from EYFS to Year 6. Learning progresses from understanding feelings, friendships and personal needs in the early years towards increasingly complex learning about relationships, diversity, consent, mental health, finance, digital resilience, citizenship, personal safety and preparing for adolescence. The curriculum ensures that pupils revisit key concepts regularly whilst developing greater depth of understanding each year.

Implementation

PSHE is taught through carefully planned, age-appropriate units which explicitly teach essential knowledge and vocabulary. Teachers use discussion, retrieval practice, case studies, reflection, role play and real-life contexts to help pupils apply learning meaningfully. Assemblies, family groups, enrichment opportunities and themed events strengthen learning and provide regular opportunities for reflection and discussion.

Retrieval and Long-Term Memory

Regular retrieval practice, discussion and purposeful revisiting of key concepts support long-term memory and understanding. Important concepts, vocabulary and strategies are revisited across year groups so that pupils can remember, apply and build upon prior learning with increasing confidence and maturity.

Relationships, Health Education and Life in the Wider World

The curriculum develops pupils' understanding of healthy relationships, physical and mental wellbeing, personal safety, citizenship, diversity, money, careers, digital resilience and their responsibilities within society. Pupils learn how to make informed choices, manage challenges, build positive relationships and contribute positively to their communities.

Inclusion

The curriculum is ambitious for all learners. Teaching promotes equality, respect and inclusion and reflects the diverse world in which pupils live. Pupils learn about protected characteristics, different families, diversity, equality and mutual respect through age-appropriate learning that supports all pupils to feel represented, valued and respected. Particular consideration is given to broadening pupils' understanding beyond the school's rural context.

Personal Development and Cultural Capital

PSHE makes a significant contribution to pupils' personal development. Through discussions, assemblies, family groups, visitors and enrichment opportunities, pupils develop confidence, resilience, empathy, aspiration and respect for others. They learn about communities, cultures, democracy, equality and the wider world, enabling them to become informed and

responsible citizens. Fundamental British Values are embedded throughout the curriculum and wider school life.

Assessment

Assessment includes discussion, questioning, reflection, retrieval activities, pupil voice and application of learning. Assessment information is used to identify misconceptions, inform future teaching and ensure pupils develop secure and connected knowledge over time. Evidence of impact is seen through pupils' knowledge, decision-making, attitudes, behaviours and ability to apply learning to real-life situations.

Leadership and Quality Assurance

Subject leadership uses lesson visits, pupil voice, planning scrutiny, work sampling and curriculum review to evaluate effectiveness and drive continuous improvement. Ongoing professional development ensures that staff maintain a secure understanding of statutory guidance, safeguarding responsibilities and effective PSHE pedagogy.

Impact

By the end of Key Stage 2, pupils demonstrate secure **substantive knowledge** and **disciplinary knowledge** across Relationships, Health Education and Living in the Wider World. They understand how to keep themselves physically and mentally healthy, build positive relationships, manage risk, respect diversity and contribute positively to society. Pupils leave Askwith as confident, respectful and responsible individuals who are well prepared for secondary education and life beyond school.

Relationships and Sex Education (RSE)

Askwith Primary School fully meets all statutory requirements outlined within the **Department for Education Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance (2019)**. The curriculum covers all statutory aspects of **Relationships Education** and **Health Education** required for primary schools and is delivered through an age-appropriate, inclusive and carefully sequenced programme.

Our curriculum ensures that pupils learn about:

- Families and people who care for them
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe
- Mental wellbeing

- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent bodies

Teaching is inclusive, age-appropriate and sensitive, promoting equality, dignity and respect for all. Learning about diversity, including LGBT people and families, is fully integrated within Relationships Education in line with Department for Education guidance. The curriculum equips pupils with the knowledge, understanding and vocabulary required to stay safe, build healthy relationships and prepare confidently for the physical and emotional changes of puberty.