

We use the Kapow scheme of work for PSHE, which is provided by the local authority. This provides comprehensive coverage of PSHE objectives in line with national guidance and ensures consistency with other primary schools across the borough.

We teach a spiral curriculum structured around 5 topics: Citizenship; Families and Relationships; Economic Wellbeing; Health and Wellbeing; and Safety and the Changing Body.

**Citizenship** teaches children about their rights, local and national democracy, charity, community groups, diversity, discrimination, prejudice and the justice system.

**Economic Wellbeing** focuses on jobs and careers, understanding money, being able to budget, wants vs needs, donating to charity and ethical spending.



## PSHE at Uplands

### What does it look like?



PSHE is taught in class groups by the class teacher to ensure children feel safe with a familiar group and a familiar member of staff when discussing sensitive topics.

At Uplands Junior School we place a high value on the development of the 'whole child'. The teaching of PSHE underpins children's development as individuals and supports their learning capacity. Through our PSHE curriculum, we aim to provide children with the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active and responsible citizens who make a positive contribution to society.

Lessons consist of a range of activities including discussion, role play, scenarios, videos, drawing and written recording.

When lessons cover sensitive topics, anonymous questioning techniques are used to allow teachers to filter questions for age appropriateness.

**Families and Relationships** teaches about courtesy and manners, respecting boundaries, resolving relationship problems, non-verbal communication, bullying, marriage, diversity in family structures, grief and loss and the importance of respect.

**Safety and the changing body** tackles first aid, road safety, calling emergency services, the risks associated with tobacco, alcohol and drugs, resisting peer pressure, and the onset of puberty. Our year 6 provision includes optional lessons on conception and birth.

**Health and Wellbeing** considers the elements of a healthy lifestyle (nutrition, exercise, sleep, hygiene and emotional health); managing emotions; sun safety; developing resilience and a growth mindset.

We regularly review our PSHE provision to ensure we meet statutory requirements for Relationships and Health Education. Our PSHE provision is complemented with a strong Online Safety curriculum.

PSHE is continuously assessed through teacher observation and marking of recorded work.