



At Pilgrim Academy, PSHE is embedded in all that we do to enable our children to become independent, responsible, healthy and confident members of society. Our curriculum has been built with the aim to support the development of the 'whole child', by helping them to understand how they are developing personally and socially, as well as promoting their social, mental and physical development. We want to enable children to develop the skills they need to manage different influences, challenges and pressures, as part of their personal development, in a safe and caring environment.



We will provide children with the knowledge and skills needed to lead safe, happy and healthy lives. For children at Pilgrim, particularly after the pandemic, it is not always the case that children arrive socially developed and ready to learn, and as such, we teach PSHE with the vision of teaching life skills that are essential for children to reach their full potential. We want to enable the children to develop the skills they need to manage different influences, challenges and pressures, as part of their personal development, in a safe and caring environment.

Pilgrim Academy aims to develop skills and attributes such as resilience, self-esteem, risk-management, team working and critical thinking to enable children to develop the skills they need to manage different influences, challenges and pressures, as part of their everyday and future lives. We aim for the children to connect and apply the knowledge and understanding they learn in all subjects to practical, real-life situations while helping them to feel safe and secure enough to fulfil their academic potential.

Planning is based around the 'PSHE associations' spiral curriculum, thematic programme builder, using the overarching topics grouped into three core themes: health and well-being, relationships and living in the wider world. Cross-curricular links are made where appropriate. Safeguarding requirements, SMSC, Anti-Bullying and further engagement through enhancement and enrichment mean that PSHE is taught directly as a subject but is also integral to everyday life in school. In the foundation stage, PSHE and RSE are taught as an integral part of the early years ethos and is embedded into our curriculum. Objectives taught are based upon Chris Quigley's threshold concepts.

Flexibility in the timetable is important to allow us to respond to individual children's needs when required and to local/national/global events that may occur. This allows us to respond to any such event in an age-appropriate way. Drop down days, complement key campaigns throughout the year, such as; Anti-Bullying Week, Black History Month, LGBT history month, Mental Health and RSE week.

Children will leave Pilgrim Academy with the knowledge, understanding and emotions to be able to play an active, positive and successful role in today's diverse society. We want our children to leave us with high aspirations, a belief in themselves and realise that anything is possible if they put their minds to it.

Within relationships and sex education, our aim is for our children to learn how to be safe and to understand and develop healthy relationships, both now and in their future lives.

Yasmine and Tom provide RSE, at an age-appropriate level. All children mature differently. With this in mind, each year, staff plan lessons accordingly, dependent upon their cohorts needs. This includes discussion around puberty and menstruation. Alongside our weekly taught lessons, the teaching of PSHE is enriched through 'Picture News'. This is taught during class assembly time and is current and weekly. Children have the opportunity to learn and discuss new and current topics, and relate their knowledge and understanding to RSE, British Values and SMSC.

We aim to build on and complement the learning that has already started at home to provide the knowledge, understanding and skills that children need to lead healthy, fulfilling and meaningful lives, both now and in the future.

Inclusion

Impact – How will we know when we have delivered it? By the time children leave Pilgrim Academy, they will:

- Be able to approach a range of real-life situations and apply their skills and attributes to help navigate themselves through modern life.
- Be healthy, open minded, respectful, socially and morally responsible, active members of society.

- Be able to look after their mental health and well-being.
- Be able to understand and manage their emotions.
- Have respect for themselves and others.
- Have a positive self-esteem.

- Understand the physical aspects involved in RSE at an age-appropriate level.
- Be able to develop positive, healthy relationship with their peers, both now and in the future.
- Appreciate difference and diversity.
- Recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty.

We will ensure Relationships Sex Education is sensitive to the different needs of individual pupils in respect to pupils' different abilities, levels of maturity and personal circumstances; for example, their own sexual orientation, faith or culture and is taught in a way that does not subject pupils to discrimination. Lessons will also help children to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyberbullying), use of prejudice-based language and how to respond and ask for help.

