



Woore Primary and Nursery School

PSHE and Citizenship Profile

Our personal, social and health education (PSHE) programme promotes children's personal, social and economic development, as well as their health and wellbeing. It helps to give children the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens. Children are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of our school and community. They learn to recognise their own worth, work well with others and become increasingly responsible for their own learning. They reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up. It gives children an understanding of the rights and responsibilities that are part of being a good citizen and introduces them to some of the principles of prudent financial planning and understanding. They learn to understand and respect our common humanity; diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of lifelong learning.

At Woore Primary and Nursery School we regard PSHE and Citizenship as an important, integral component of the whole curriculum. We provide a broad and balanced curriculum, ensuring that it:

- Promotes the spiritual, moral, cultural, mental and physical development of our children and of society.
- Prepares our children for the opportunities, responsibilities and experiences they already face and for adult life.
- Provides information about keeping healthy and safe, emotionally and physically.
- Encourages our children to understand how all actions have consequences and how they can make informed choices to help themselves, others and the environment.
- Promotes the British Values: Individual Liberty, Democracy, Rule of Law, Mutual Respect, Tolerance

Aims

The aims of PSHE and Citizenship fall into three core themes:
Health & Wellbeing, Relationships and Living in the Wider World.

Health & Wellbeing

- Know and understand what constitutes a healthy lifestyle.
- Know how to maintain physical, mental and emotional health and wellbeing.
- Be aware of safety issues, including how to respond in an emergency.
- Know how to manage change, including puberty, transition and loss.

Relationships

- Develop and maintain a variety of healthy relationships within a range of social and cultural contexts.
- Know how to recognise and manage emotions within a range of relationships.
- Know how to recognise risky or negative relationships, including all forms of bullying and abuse, and ask for help.
- Know how to respect equality and diversity in relationships.

Living in the Wider World

- Know the importance of responsible behaviours and actions.
- Be responsible and independent members of the school community.
- Be positive and active members of a democratic society.
- Know about the importance of respecting and protecting the environment.
- Develop self-confidence and self-esteem and make informed choices regarding personal and social issues.

- Develop good relationships with other members of the school and the wider community.

Curriculum Provision

PSHE and Citizenship is delivered on a weekly basis across the school within timetabled lesson time. However, PSHE and Citizenship is also delivered within a whole school approach which includes:

- Teaching PSHE and Citizenship through and in other subjects/curriculum areas
- Specialised assemblies
- PSHE and Citizenship activities and school events
- Pastoral care and guidance
- Visiting speakers
- Forest School

During key stage 1 Children learn about themselves as developing individuals and as members of their communities, building on their own experiences and on the early learning goals for personal, social and emotional development. They learn the basic rules and skills for keeping themselves healthy and safe and for behaving well. They have opportunities to show they can take some responsibility for themselves and their environment. They begin to learn about their own and other people's feelings and become aware of the views, needs and rights of other children and older people. Children are taught about healthy relationships and sex education. As members of a class and school community, they learn social skills such as how to share, take turns, play, help others, resolve simple arguments and potential bullying. They begin to take an active part in the life of their school and its neighbourhood.

During key stage 2 Children learn about themselves as growing and changing individuals with their own experiences and ideas, and as members of their communities. This includes relationships and sex education. They become more mature, independent and self-confident. They learn about the wider world and the interdependence of communities within it. Diversity and opinions of others are key aspects of the curriculum alongside ensuring that pupils learn how to keep themselves and others safe, including first aid. They develop their sense of social justice and moral responsibility and begin to understand that their own choices and behaviour can affect local, national or global issues and political and social institutions. They learn how to take part more fully in school and community activities. As they begin to develop into young adults, they face the changes of puberty and transfer to secondary school with support and encouragement from Woore Primary and Nursery School. They learn how to make more confident and informed choices about their health and environment; to take more responsibility, individually and as a group, for their own learning; and to resist bullying.

Kapow Programme

As a school, we use the Kapow schemes of work to deliver our curriculum. This scheme offers a unique, interactive bank of life skill resources and has been created to support PSHE, SMSC development and safeguarding. It also supports the statutory changes in Health Education and Relationship Education.

Strategies

A wide range of teaching and learning styles are evident in lessons and emphasis is placed on active learning. Children are encouraged to take part in a range of practical activities that promote active citizenship, e.g. charity fundraising, the planning of school special events such as an assembly, or involvement in an activity to help other individuals or groups less fortunate than themselves. Classes are organised in such a way that children are able to participate in an open friendly forum where agreed classroom rules of behaviour have been agreed.

Relationships within School

Relationships at Woore Primary and Nursery School are based on an atmosphere of trust and respect for everyone. Our School Motto is '**Aim high...because everything is possible**'. Children are encouraged to develop good relationships with their peers and all staff and to take responsibility for their own behaviour. All staff provide very good role models for children and work hard to promote a safe, happy environment.