PSHE/RSE Curriculum Statement

At Freehold Primary Academy, we believe that the implementation of a robust RSE scheme allows time in the curriculum to develop, explore and teach personal, social and healthy wellbeing for our children.

We have carefully planned the RSE curriculum to allow for children to develop their skills, values, understanding and knowledge to keep them physically and emotionally healthy and to ensure they are prepared for life in modern Britain. Throughout our curriculum, we provide children opportunities to access learning aimed to support their wellbeing in both the present and in the future. Our aim is to develop their knowledge in coping strategies, preparation for responsibilities in their lives, how their bodies will change and living in a respectful and mindful world.

We have ensured our curriculum meets the needs of our pupils and is personalised to Freehold. Our vision is to be 'A great school at the heart of our community.' This informed our decision to ensure we had a strand of citizenship within our curriculum. This strand links specifically to our community and all children in school will learn about what it means to be part of different communities, how communities need to work together and how we can look after and be safe within the communities we live in. If we are going to be 'a great school at the heart of the community' then we need to ensure children can thrive within one.

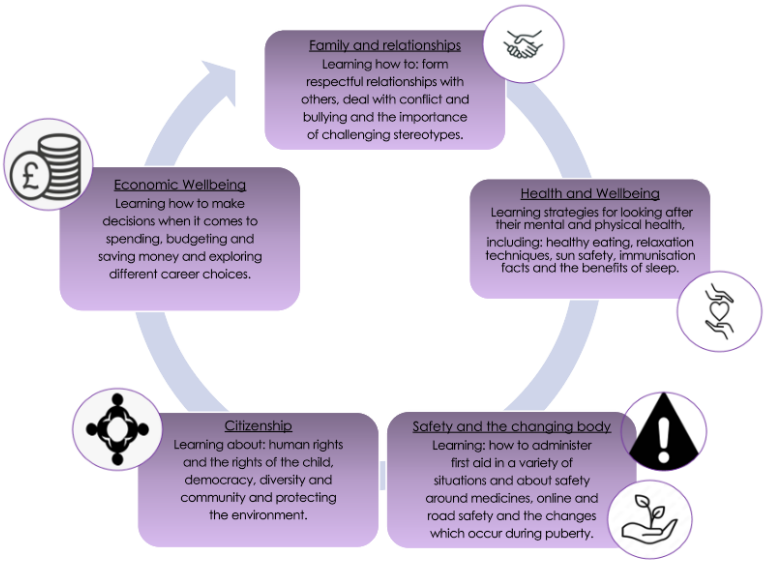
We develop children's character through our Freehold 5. Our scheme links to this in the following way:

Resilience	Ambitious	Courage	Curious	Kindness
Learning strategies for dealing with mental and physical health	Learning about different career choices	Learning how to deal with conflict and bullying	Learning new skills such as First Aid, budgeting and saving money	Learning how to form respectful relationships

We believe good relationships are fundamental to our ethos and our success in being an inclusive, happy, caring and safe school. Therefore, it is vital that we provide our children with sensitive and robust Relationships and Sex Education (RSE) as it in the basis for lifelong learning about relationships, emotions, looking after ourselves, different families, sexuality and appropriate sexual contact including online relationships. We aim for the children in our school to acquire the appropriate knowledge, develop their skills and form positive beliefs, values and attitudes to prepare for the future. RSE has a key part to play in the personal, social, moral and spiritual development of young

people is it therefore paramount that the teaching of PHSE and RSE is explicitly taught throughout all key stages within our school.

We follow the Kapow PSHE/RSE scheme of work. Our curriculum covers the following concepts:



As part of our RSE offer we also engage in nationwide awareness events, these include; Anti-Bullying Week, Children's Mental Health Week, Internet Safety Day and Mental Health Awareness Week. All of these events link to and support our learning within the RSE curriculum.

Children are taught by familiar adults who they have a good rapport with, in order to facilitate constructive and supportive discussions around sensitive topics in a safe and secure environment. If staff feel uncomfortable or unsure when delivering the RSE curriculum or dealing with individual pupil needs, they know where to seek advice and support.

The RSE curriculum has been mapped out clearly in the progression grids to ensure coverage of all of the statutory elements by the end of the primary phase; these are delivered at the appropriate stage for our children. Through our rigorous and progressive curriculum, children develop key skills and are prepared for the wider world beyond primary school, a world in which they can keep themselves safe and healthy and thrive with the support of the positive relationships they forge with those around them. We aim to ensure that wellbeing in embedded throughout our curriculum and ensure children feel safe and secure to discuss sensitive topics with all members of the school community. Through our RSE curriculum, we believe we can enhance children's education and help them to become confident individuals who have positive body awareness, an in-depth knowledge of how to keep themselves safe and healthy and who will, through respect, tolerance and understanding, forge and maintain positive relationships with a diverse range of family and friendship groups.