



Curriculum Intent for PSHE

At West Leigh, we place high importance on the teaching of PSHE. This is a regularly timetabled subject, and key themes are followed up within assemblies. It is taught as a stand-alone subject, although meaningful links are made wherever possible, for example with science, PE and maths.

'We are citizens of the world'

We follow the statutory curriculum for relationships and health, as laid out by the Department for Education. In addition, we also include areas within our PSHE curriculum that we have deemed important for our pupils, despite these not being on the statutory curriculum. These include learning about personal safety, managing money and children's rights and responsibilities. We teach the children about the protected characteristics through many of our PSHE topics, and children leave West Leigh with a clear understanding of these characteristics.



In PSHE, SEND and vulnerable pupils are supported through a range of personalised approaches to ensure full access and engagement. Sensitive topics can be pre-taught or discussed in 1:1 sessions to build understanding and confidence. Where needed, pupils follow a fully personalised curriculum tailored to their social, emotional, and developmental needs, ensuring they can participate meaningfully in lessons and develop essential life skills alongside their peers.

We have chosen to teach sex education using the Medway and PSHE Association age-appropriate materials as part of our PSHE provision. According to the local child health profile, the number of under 18 conceptions is high in Southend-on-Sea in comparison to other local authorities (16.5 per 100). These materials are shared with parents each year and we have a very low rate of withdrawals from these lessons due to their high quality and the backing we receive from our parent body.

Another area we have chosen to include in our PSHE curriculum is learning about jobs, careers and managing money. Through our careers education, we prepare our children for future success in education, employment or training. In PSHE, we introduce the children to careers within the local community and encourage children to think about the skills and talents that they may have and wish to develop. We teach the children how to 'sell themselves' and write letters when applying for their dream job.

We place a strong focus on teaching children about healthy lifestyles. Year 6 prevalence of obesity in Southend on Sea is high at 21.5%, compared to the lowest rate of 12.1% in other areas. Admission episodes for alcohol specific conditions under 18 years of age are also high in Southend (24.4 per 100,000) – therefore we ensure that we teach children about responsible use of alcohol.

We teach our children to **thrive online** by making as many lessons as possible relate to issues that they may experience in the online world as well as offline. We don't want to demonise the use of technology – it is a very real part of what our children will be growing up with, so we have planned our lessons to approach this in a sensible and informative manner. Our teaching approach reflects our status as a smartphone-free school, while still ensuring that pupils are well prepared for the safe and responsible use of phones and social media when they move into Year 7.

Year 3

Children begin Year 3 with a whole term looking at friendship. We have found in the past that this is a key time for children to experience problems in this area, and so have adapted our curriculum to ensure that we provide children with the strategies for dealing with this as early as possible. They learn about family life, respect and keeping their bodies healthy as an introduction to our RSE thread that runs throughout the school. They also begin to think about careers that they would find interesting as part of our ongoing work on careers, also boosted with our careers day that takes place every other year.

Year 4

Children learn the names for their sexual body parts and how to keep themselves safe. They also learn how they can eat well, which links to their science topic on digestion. Children learn about bullying during the autumn term, which coincides with anti-bullying week. Within this topic they examine the school anti-bullying policy and suggest changes that they think we could make, ensuring that this is continually reviewed by our pupils. We introduce the children to the concept of mental health, beginning in Year 4 by introducing the concept of changing emotions and how these can be managed. Children also learn about strategies for managing their money, which makes links with our maths curriculum.

Year 5

In Year 5, children learn about discrimination and stereotyping, exploring more mature themes suited to upper school such as racism, sexism and homophobia. They learn strategies to keep themselves and others safe, as well as the practical skills required when responding in an emergency. Building on the learning in Year 4, children now begin to learn about puberty and the ways that this changes this body. This links very well to the science unit, how humans change as they reach old age, so we teach these two units together. In Year 5 pupils also learn about democracy and how they can begin to affect change in the world.

Year 6

As the final part of their RSE journey at West Leigh, pupils learn about sexual reproduction in Year 6. They also learn about drugs and the negative effect that tobacco and alcohol can have on the body, which is linked to both science and PE. They consider how they can manage risks such as keeping secrets and walking home alone as part of their transition to secondary school, and the children also learn how to both look after and improve their mental wellbeing.