

Personal, Social and Health Education (PSHE) Including statutory Relationships and Health Education (RHE)



Intent, Implementation, Impact

Intent

At Medway Community Primary School, our PSHE curriculum is focused on developing confident, resilient and responsible individuals who make positive contributions to their community and wider society. Through the teaching of **Health and Wellbeing, Relationships (including statutory Relationships and Health Education) and Living in the Wider World**, we equip pupils with the knowledge, skills and attributes needed to navigate an increasingly complex and diverse world.

Our curriculum is designed to promote personal development by helping pupils to:

- develop positive relationships and a sense of belonging
- understand and manage their emotions
- build confidence, resilience and independence
- recognise risk and stay safe in a range of contexts
- respect diversity, equality and inclusion
- understand their rights, responsibilities and role within society

Safeguarding is at the heart of our PSHE curriculum. Through a progressive programme of learning, pupils develop an understanding of how to stay safe both offline and online, how to seek help when needed, and how to recognise safe and unsafe situations. Contextual safeguarding is embedded throughout the curriculum, ensuring that pupils understand risks that may occur beyond the home, including within peer relationships, online environments and the wider community.

Ultimately, we aim to prepare pupils for life in modern Britain by developing their understanding of British Values, including democracy, individual liberty, mutual respect, tolerance and the rule of law. We want all children to leave Medway as inclusive, respectful and compassionate members of society who understand the importance of their own wellbeing and that of others.

Implementation

Medway's PSHE curriculum has been carefully designed to build a secure understanding of health, relationships, wellbeing, safety and citizenship whilst making meaningful cross-curricular links to wider learning. Through this approach, pupils develop and apply a rich vocabulary across different contexts and subjects.

The curriculum is structured around three core strands:

- **Health and Wellbeing**
- **Relationships (including statutory Relationships and Health Education)**
- **Living in the Wider World**

These strands are supported by the golden threads of:

- Personal Development
- Safeguarding
- Contextual Safeguarding
- Emotional Literacy
- British Values

A carefully sequenced progression map ensures that learning is progressive and that all pupils build knowledge and skills over time. Content includes:

- families and people who care for us
- friendships, respect and belonging
- physical and mental health
- managing emotions and wellbeing
- personal safety and first aid
- online safety and digital citizenship
- equality, diversity and inclusion
- responsibility, community and citizenship
- recognising, responding to and reporting concerns
- understanding risk and keeping safe in different contexts

Lessons are discussion-rich and oracy-focused, providing pupils with regular opportunities to ask questions, share perspectives and explore real-life issues. Through collaboration, discussion and reflection, pupils are encouraged to develop empathy, critical thinking and respect for differing views and experiences. Teachers facilitate learning in a safe and inclusive environment where every voice is valued, and pupils feel confident discussing sensitive or challenging topics.

The curriculum is adapted to meet the needs of all learners, including pupils with SEND, ensuring that every child can access and engage with learning successfully.

Impact

By the end of Year 6, pupils will have developed into confident, respectful and articulate individuals who understand how to keep themselves safe, maintain positive relationships and contribute positively to society. They will have the knowledge and confidence to make informed decisions, seek support when needed and respond appropriately to challenges they may encounter.

Pupils will:

- understand how to maintain positive physical and mental wellbeing
- recognise and manage emotions effectively

- build and sustain healthy relationships
- appreciate diversity and promote inclusion
- understand their responsibilities as citizens
- identify risk and know how to stay safe
- understand how and where to seek help
- demonstrate resilience, confidence and independence

Children will leave Medway prepared for the next stage of their education and for life beyond primary school. They will possess the personal, social and emotional skills needed to thrive in modern Britain and make positive contributions to their communities.

Assessment is ongoing and responsive, allowing teachers to adapt learning to meet the needs of pupils. Monitoring activities, curriculum reviews, pupil voice, work scrutiny and lesson visits ensure that the curriculum remains ambitious, inclusive and effective for all learners, including those with SEND.