

## PSHE subject rationale for Holmes Chapel Primary School

### Intent

At Holmes Chapel Primary School, PSHE forms an important part of our curriculum and our wider school ethos. Through this learning, pupils develop the knowledge, skills and understanding they need to manage their lives now and in the future. PSHE is taught explicitly as a subject, but it is also woven throughout school life, shaping our culture, relationships and expectations.

We believe that these skills and attributes equip children to stay healthy, safe and confident as they grow. They help pupils to understand themselves, build positive relationships, make informed choices and prepare for life in a modern, diverse and increasingly digital world.

From September 2026, our curriculum reflects the updated DfE statutory guidance for RSHE and our PSHE curriculum is split into 3 main areas covering the different subsections of the RSHE guidance:

#### **1. Health Education, including:**

- General wellbeing
- Wellbeing online
- Physical health and fitness
- Healthy eating
- Drugs, alcohol, tobacco and vaping
- Health protection and prevention
- Personal safety
- Basic first aid
- Developing bodies

#### **2. Relationships Education, including:**

- Families and people who care for me
- Caring friendships
- Respectful, kind relationships
- Online safety and awareness
- Being safe

#### **3. Economic and Careers Education**

Through these strands, pupils receive a balanced, developmentally appropriate education that builds year on year. They also ensure that statutory content relating to relationships and health education are taught clearly, progressively and with sensitivity.

Although PSHE remains a non-statutory subject, the DfE expects schools to provide high-quality PSHE and RSHE that equip pupils with a secure understanding of risk and the knowledge and skills needed to make safe, informed decisions.

## Curriculum Design

Our curriculum is designed using the PSHE Association's Curriculum Model and adapted to meet the needs of Holmes Chapel Primary School. It incorporates all statutory RSHE content required from September 2026 and is organised into three strands:

### **1. Health Education**

Supporting pupils to understand their bodies, emotions, mental health, physical health, personal safety and healthy choices.

### **2. Relationships Education**

Helping pupils to build positive relationships, understand families and friendships, recognise healthy and unhealthy behaviours, and learn about growing bodies, puberty and personal boundaries.

### **3. Careers and Economic Education**

Giving pupils the understanding and skills needed to navigate their feelings about money, understand how money and financial decision-making can affect people's wellbeing, and make informed and responsible spending choices in the future.

## EYFS

In the Early Years Foundation Stage, PSHE underpins much of the curriculum. Learning links closely to:

- Communication and Language
- Personal, Social and Emotional Development
- Understanding the World

Children learn through circle times, structured play, stories, poems and visits from community members. These experiences build a strong foundation for PSHE in Key Stage 1 and Key Stage 2.

## Key Stage 1

The PSHE curriculum in KS1 builds on learning during EYFS and includes a focus on friendships, families, keeping safe inside and outside the home as well as online safety. Mental health and wellbeing is addressed across the Key Stage. The RSHE curriculum is woven through the KS1 PSHE curriculum.

## Key Stage 2

The PSHE curriculum in KS2 is organised in a similar way to KS1 and builds upon prior learning. It also focusses on developing effective relationships, greater personal responsibility, and managing personal safety, including online safety. Units on mental health and wellbeing help pupils to manage the physical and emotional changes they experience,

make informed choices regarding their own health and wellbeing, and develop social and emotional skills. Again, the RSHE curriculum is woven throughout the KS2 PSHE curriculum.

Across both Key Stages, a record of ideas, discussions and children's work are recorded in either year group or class floor books.

### Assessment

Assessment is central to effective teaching and learning in PSHE education and is assessed for several reasons but particularly for:

- children to have opportunities to reflect on their learning, especially when that learning relates directly to the individual's identity – their personal qualities, attitudes, skills, attributes, achievements and influences.
- assessment increases children's motivation and improves learning, as their increased awareness of their own progress and development illustrates the value of their learning.

Personal attributes, so central to PSHE education, are arguably the hardest aspects of learning to assess. The children themselves will be able to judge, for instance, whether they feel more confident, or have a firmer sense of their own beliefs and opinions than they did before a particular series of lessons. Such personal reflection in PSHE education lessons is essential. At Holmes Chapel Primary School, we ensure the children have time and space within the lessons to reflect on this, either recorded in the class book or through discussion. Assessing is therefore a combination of teacher assessment and pupil self and peer assessment.

### SEND

All pupils have access to high-quality PSHE and RSHE teaching. Strategies such as scaffolding, explicit instruction, cognitive and metacognitive approaches and adapted materials are used to ensure learning is accessible and meaningful for every child.