

**Intent:** what we want to achieve:

Resilient pupils who are tolerant, empathetic and have a strong sense of their own identity. Pupils who are able to manage their own emotions and know where to seek help if they need to. We want pupils to learn the skills needed to lead healthy, safe and balanced lives where they can be responsible members of society and reflect on their own choices. We want pupils to have a sound understanding of what constitutes positive, healthy relationships, be able to manage risk and cope with transition and change.

**Implementation:** how we will achieve this

- We will use a progressive scheme of work which develops the qualities, attributes and skills pupils need to thrive as individuals, family members and members of society,
- We will ensure pupils have learning opportunities to promote health and well-being, develop the ability to understand and form positive, healthy relationships and develop an understanding of living in the wider world
- We will ensure pupils have opportunities to develop their sense of identity and resilience through a range of sensory approaches
- We will prepare pupils for transition and change between classes, key stages and phases
- We will discuss emotional and bodily changes in preparation for the onset of puberty
- We will use values based approaches to challenge prejudice, preconceptions and to promote tolerance and respect
- We will discuss similarities and differences between people and develop pupils' confidence and ability to challenge discrimination and stereotypical behaviours
- We will encourage pupils to reflect on their behaviour choices and the impact their behaviour has on others

**Impact:** the intended outcomes of the PSHE/RSE curriculum

- Pupils will develop the ability to self-regulate effectively
- Pupils will understand how to keep themselves safe and how to ask for help if they need to
- Pupils will be able to maintain a healthy, balanced lifestyle
- Pupils will have positive, happy relationships with their peers, their families and within their communities
- Pupils will be able to manage change, risk and conflict effectively
- Pupils will begin to understand their responsibilities for the wider world
- Pupils will be resilient learners who are able to approach challenges in a positive, confident manner