

At Buttsbury Junior School the **intent** of our PSHE curriculum is to recognise that we as individuals each have different identities and that it is important to share and celebrate the differences between us. We aim to identify the dreams the children aspire towards and plan appropriate steps to make their goals realistic and achievable. The children are aiming to understand the factors which influence a healthy lifestyle; children will be able to explain the significance of making healthy choices and the impact this will have on their lives. Children will recognise what constitutes a healthy relationship and the different forms this will take; from different types of families to how friendships can change as they grow older. Children will understand that they will face challenges during periods of transition in their lives and will be equipped with strategies to manage these difficult emotions.

How is PSHE **implemented** at Buttsbury Junior School?

We have a broad and balanced PSHE curriculum at Buttsbury Junior School where children are given the opportunity to master their learning by ***'applying what they have learnt to a new situation'***.

Units of learning are blocked, well sequenced and build on previous learning. Lessons ensure that progress is achieved through small steps, allowing children to develop their subject knowledge, consolidate skills and apply their learning.

Strands in PSHE include:

At Buttsbury Junior school, PSHE lessons may include:

- 'Calm Me' - time to reflect on our learning and prepare us for our learning.
- Group Discussion and 'Talk Partners' – opportunities to share ideas and respectfully listen to the responses of our peers.
- Drama and Role Play – activities to safely explore how the children may react in different scenarios and develop appropriate responses to difficult situations.
- Case studies – being able to share experiences and discuss solutions to problems.
- Collaborative working – children are able to work in mixed abilities pairs and small groups to share ideas

What is the **impact** of the PSHE curriculum on our children?

As a result of our PSHE curriculum, children are equipped with the necessary knowledge and skills for the next stage of their education at secondary school.

Children are resilient, well rounded individuals how are able to solve problems and over-come challenges they may face in their daily lives e.g. change or loss. Our children are emotionally secure and intelligent, they are equipped with tools to help them make safe, healthy and sensible decisions.

What our children say about PSHE

Year 3 – 'PSHE helps me to be safe and kind.'

Year 4- 'I love PSHE, it teaches me how to be a good friend.'

Year 5 – 'We learn about really interesting topics in PSHE like smoking and it helps me to be safe and healthy.'

Year 6 – 'I enjoy the 'Calm Me' time as it gives me a chance to reflect and have some quiet time during the day.'