



Curriculum Briefing

PSHE – Personal, Social, Health & Economic Education

RSHE – Relationship, Sex & Health Education

West Lea School - Autumn Term 2020



By the end of this presentation you will:

- Know more about what is covered as part of the PSHE & RSHE curriculum;
- Be aware of the statutory content;
- Understand the importance of PSHE & RSHE;
- Be aware of the key features of the school RSE Policy and know where to find this;
- Give parents/carers the opportunity to shape the RSE Policy and know how you can give positive feedback and ask questions.



What is PSHE Education?

Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. These skills and attributes help pupils to stay healthy, safe and prepare them for life and work in modern Britain. PSHE education helps pupils to achieve their academic potential, and leave school equipped with skills they will need throughout later life.

PSHE Association

<https://www.pshe-association.org.uk/what-we-do/why-pshematters>

PSHE Curriculum Overview

An overview of curriculum coverage across West Lea School from KS1 through to KS4

Key Stage 1 / Key Stage 2					
Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Self-Care, Support and Safety 1. Taking care of ourselves 2. Keeping safe and the 'new normal' during the Covid pandemic 3. Trust 4. Keeping safe online 5. Public and Private	Managing feelings 1. Identifying and expressing feelings 2. Managing strong feelings	Changing & Growing 1. Baby to adult 2. Changes at puberty 3. Dealing with touch 4. Different types of relationships	Healthy Lifestyles 1. Healthy Eating 2. Taking care of physical health 3. Keeping well	The World I Live In 1. Respecting differences between people 2. Jobs people do 3. Rules and laws 4. Taking care of the environment 5. Belonging to a community 6. Money	Self-Awareness 1. Things we are good at 2. Kind and unkind behaviours 3. Playing and working together 4. People who are special to us 5. Getting on with others 6. Transition
Key Stage 3					
Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Self-Care, Support and Safety 1. Feeling unwell 2. Feeling frightened/worried/transition 3. Accidents and risk 4. Keeping safe online 5. Emergency situations 6. Public and private	Self-Awareness 1. Personal strengths 2. Skills for learning 3. Prejudice and discrimination 4. Managing pressure	Managing feelings 1. Self-esteem and unkind comments 2. Strong feelings 3. Romantic feelings and sexual attraction 4. Expectations of relationships/abuse	Changing & Growing 1. Puberty 2. Positive/unhealthy relationships 3. Friendships 4. Intimate relationships, consent and contraception 5. Long-term relationships/parenthood	Healthy Lifestyles 1. Elements of a healthy lifestyles 2. Mental wellbeing 3. Physical activity 4. Healthy eating 5. Body image 6. Medicinal drugs 7. Drugs, alcohol & tobacco	The World I Live In 1. Human diversity 2. Rights and responsibilities 3. Managing online information 4. Taking care of the environment 5. Preparing for adulthood 6. Managing finances 7. Gambling
Key Stage 4					
Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Mental Health Transition Online Safety Citizenship, Human Rights, Responsibilities & the Law Citizenship: Democracy, Voting & UK Politics	Healthy Relationships Reproduction Citizenship Diversity, Prejudice & Discrimination) Citizenship: Equality & Activism	Exploring Influence Families & Parenting	Exploring Influence Addressing Extremism & Radicalisation Intimate Relationships Healthy Relationships & Identity	Intimate Relationships & Sex Education Personal Safety Well-being – Managing Stress Avoiding Criminal Exploitation	Financial Decision Making Online Safety Personal Safety Living in a Digital World



What is RSE & Health Education?

The Department for Education has introduced compulsory Relationships Education for primary pupils and Relationships and Sex Education (RSE) for secondary pupils from September 2020. Also, from September 2020 it is compulsory for all schools to teach Health Education.

Please also see Relationships, sex and health education: guides for parents
<https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>



Statutory Content

Relationships Education

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

Health Education

By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body



Statutory Content

Relationships & Sex Education

By the end of secondary school, pupils will have been taught content on:

- families
- respectful relationships, including friendships
- online media
- being safe
- intimate and sexual relationships, including sexual health

Health Education

By the end of secondary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body



Why teach PSHE, RSE & Health Education? Why is it important?

At West Lea we strive towards equipping students with a 'suitcase' of skills to help them become more independent, progress on to further education and into the world of work.

These skills are closely linked to the Preparing for Adulthood (PfA) outcomes around:

- 1) Employment,
- 2) Friends relationships and Community,
- 3) Independent living,
- 4) Good Health.

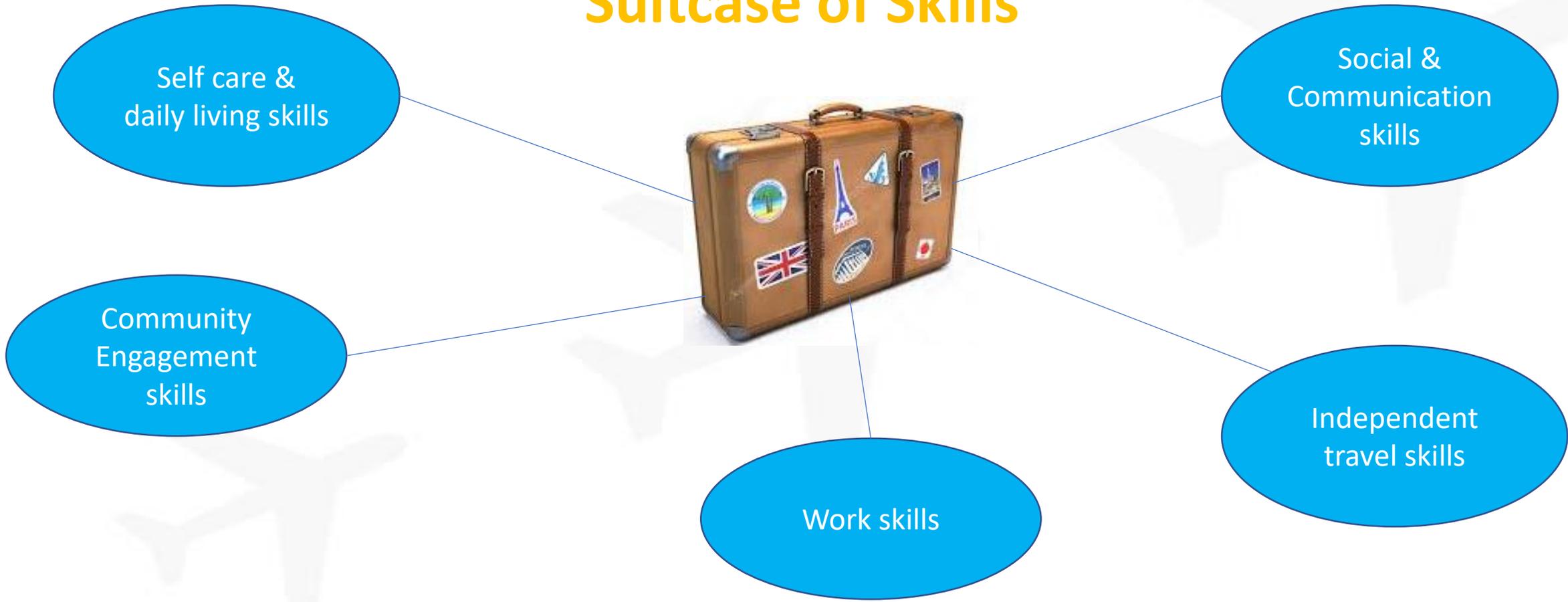
“Evidence shows that well-delivered PSHE programmes have an impact on both academic and non-academic outcomes for pupils, particularly the most vulnerable and disadvantaged.”

PSHE Association

All of the above outcomes are strongly linked to the learning objectives within the PSHE, RSE & Health Education curriculum which will support students move on from West Lea with a suitcase of skills...



“Suitcase of Skills”





West Lea School RSE Policy

All schools must have in place a written policy for RSE. You can find a copy of West Lea School's draft RSE policy on our website using the 'Statutory Information' tab under 'Policies'. Through this parent engagement exercise we would welcome your feedback in order to shape and develop the policy.

Key features of the policy:

- Outlines purpose of policy
- Explains how the policy was developed and clarifies the roles and responsibilities of those involved and how it is monitored
- Identifies and defines the aims of RSE at West Lea and how this will be delivered
- Explains the parents' right to withdraw
- Outlines training of staff so they are able to deliver RSE effectively



Feedback

We would welcome any feedback you may wish to share with us.

If you have any questions or concerns that you would like to raise about statutory PSHE please get in touch:

Email: jcarrick@westleaschool.co.uk