

**Subject****PSHE**

“Do not judge me by my successes, judge me by how many times I fell down and got back up again.”

Nelson Mandela

Curriculum intent

We believe our PSHE curriculum will inspire and guide students to achieve success in the wider world. We will prepare our students for adult life by developing their confidence, sense of responsibility and resilience when faced with challenge. Curriculum pedagogy enables the development of students' respect, acceptance and celebration of the diversity of modern society. Our students will understand the importance of relationships, British Values, health and well-being, and the impact this has on their everyday lives.

Powerful knowledge in PSHE

PSHE (Personal, Social, Health Education) is central to all aspects of student learning at Breckland School, both in the classroom and beyond.

From September 2020 the secondary Relationships and Sex Education (RSE) (secondary) aspects of PSHE education was made compulsory in all schools.

Through the PSHE curriculum we aim to:

- Develop students' understanding of the world and of personal, social, health, emotional and citizenship concepts and relevant vocabulary
- Provide students with a relevant, age appropriate and broad curriculum
- Understand issues relating to their own health, personal care, sexual development and relationships.
- Enable students to make positive life choices
- Provide students with strategies to maintain personal wellbeing, promote resilience and equip students with skills to keep themselves and others safe
- Promote an atmosphere celebrating equality and diversity
- Enable learners to form appropriate relationships and give them a sense of dignity and respect for each other.
- Develop personal responsibility, self-confidence and assertiveness.
- Empower learners so they have more control over their own life.
- Enhance their self-esteem.
- Develop students' understanding of the British Values



Curriculum Features

The PSHE curriculum has been adapted to meet individual student needs and is taught both as timetabled fortnightly lessons for years 8 to 11 and once a week for Year 7. Elements of PSHE are also taught across the school day and due to its very nature, is an everyday aspect of school life. It takes a spiral approach, gradually revisiting topics at a deeper level at each key stage or year group, whilst rehearsing, emphasising and embedding the essential skills and attributes young people need to manage their lives, both now and in the future.