



Personal, Social and Health Education (PSHE) at Alexandra Primary School

Our Intentions:

At Alexandra Primary School PSHE is a core part of our curriculum and provides opportunities for every child to develop the knowledge, skills and attributes they need to manage their lives now and in the future. We want our children to be emotionally literate, learn how to stay healthy, keep themselves safe, be independent and responsible members of a society. The learning will support children to understand how they are developing personally and socially, and tackle many of the moral, social and cultural issues that are part of growing up including well-being.

The content of the curriculum will include learning about:

- Families and People who Care for Us
- Caring and Healthy Relationships
- Respectful Relationships
- Online Relationships
- Being Safe
- Mental Wellbeing
- Internet Safety and Harms
- Physical Health and Fitness
- Healthy Eating
- Drugs, Alcohol and Tobacco
- Health and Prevention
- Basic First Aid
- The Changing Adolescent Body
- Sex and Relationships Education

At APS we provide our children with opportunities to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society.

We model positive relationships, positive self-image and good communication skills with others in all our day to day interactions, as well as teaching skills across the curriculum and in discrete lessons.

Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

At APS PSHE is taught in a variety of forms of provision which includes:

- discrete curriculum time
- themed weeks
- workshops
- class discussions
- circle time
- stories
- assemblies
- discussed through other subject lessons

PSHE is also an important part of school assemblies where children's spiritual, moral, social and cultural curiosity is stimulated, challenged and nurtured.

We will support our children to aspire, perform and to succeed. Children are provided with the knowledge, understanding, skills and attributes to enable them to make informed decisions about their lives. To show compassion and respect towards each other and to understand, demonstrate and apply the British values of democracy, tolerance, mutual respect, rule of law and liberty.