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What is the purpose of PSHCE at Old Bexley?

At Old Bexley, we want our children to become healthy, independent and responsible members of society. We want them to understand how they are developing personally and socially and give them confidence to tackle many of the moral, social and cultural issues that are part of growing up. PSHCE education helps pupils to achieve their academic potential and leave school equipped with the skills they will need throughout later life. All teachers use our PSHCE programme of study to equip pupils with a sound understanding of risk, and with the knowledge and skills necessary to make safe and informed decisions in many aspects of life.

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"I love circle time on Wellbeing Wednesdays – we feel safe to talk about our worries and support each other to find solutions". Year 4

"PSHCE is my favourite subject!" Year 5 child.



"We learn new skills and learn how to become good citizens and help our community." Year 6 child.

What does PSHCE look like at Old Bexley?

Our PSHCE education has been designed to build on the statutory content outlined in the National Curriculum and in statutory guidance on: drug education, financial education, citizenship, personal safety, sex and relationship education, physical health and mental health and wellbeing. We have created our own programme of study to suit our pupils, school and community; giving careful consideration to our school ethos and aims, and our pupils' needs, whilst ensuring coverage of the statutory framework. Each year group's curriculum content covers specific themes, ensuring that a spiral programme is in place: one that revisits themes, gradually extending thinking, expanding knowledge and developing skills. Our themes are:

- Mental Health and Wellbeing
- Healthy Lifestyles
- Citizenship
- E-Safety
- Life Skills
- Relationships Education



How do we achieve this?

We deliver the PSHE curriculum weekly. Sessions are discussion based and resource light, considering scenarios and possible responses to them. Pupils' learning comes through whole class teaching, group activities, individual tasks and real-life case studies. We encourage questioning and debate of key topics and current affairs. The curriculum is enriched with speakers, workshops, participation in key date events, fundraising and external visits. Pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities. In doing so, they learn to recognise their own worth, work well with others, and become increasingly responsible for their own learning. Teaching ensures an understanding of diversity and differences and supports children to build their personal identities, confidence and self-esteem.