

Flimby Primary School – RSE & PSHE

Intent

How we have planned our RSE & PSHE curriculum

At Flimby Primary School, we follow Kapow Primary planning. We have chosen this scheme as we believe it prepares our children for life in the 21st Century. The curriculum covers key areas which provide children with the knowledge, skills and attitudes that they need to effectively navigate the complexities of life. The curriculum supports children to make informed choices now and as they grow older. The key areas include: health, safety, wellbeing, relationships and financial matters. We want our children to become confident individuals and active members of society.

The scheme of work covers the Relationships and Health Education statutory guidance (as set by the DfE,) including the non-statutory sex education.

The learning through the scheme covers wider PSHE learning, in line with the requirement of the National curriculum (2014) and promotes the four fundamental British values which reflect life in modern Britain. These values include: democracy; rule of law; respect and tolerance and individual liberty.

Quality PSHE and RSE teaching is an important element in carrying out our duty of care with regards to safeguarding. We ensure the children are taught about safeguarding, including online safety. In addition to the Kapow Primary Planning we use KidSafe. All KidSafe programmes are based on over 20 years good practise, they contain age appropriate content and are delivered without shattering pupil's innocence. KidSafe make a significant contributions to supporting schools with Safeguarding and Children's Mental Health with respect to: Ofsted Inspection Criteria, KCSiE, PSHE, RSE, County Lines, Prevent and British Values requirements. KidSafe also meets provision set out in the Transforming Children and Young People's Mental Health paper.

Implementation

How we teach our RSE & PSHE curriculum

The Kapow Primary Scheme is a whole school approach that consists of five areas of learning:

- Families and relationships
- Health and wellbeing
- Safety and the changing body
- Citizenship
- Economic wellbeing

Each area is revisited every year to allow children to build on prior learning. The lessons also provide a progressive programme.

The lessons are based upon the statutory requirements for Relationships and Health education and beyond. They refer to the PSHE Association's Programme of study which is recommended by the DfE.

Sex education has been included in line with the DFE recommendations and is covered in Year 6 of our scheme.

The scheme supports the requirements of the Equality Act through direct teaching, for example learning about different families, the negative effect of stereotypes and celebrating differences, in addition to the inclusion of diverse teaching resources throughout the lessons.

A range of teaching and learning activities are used and are based on good practice in teaching RSE/PSHE education to ensure all children can access learning and make progress. Many lessons, stories, scenarios and video clips provide the opportunity for children to engage in real life and current topics in a safe and structured ways. Role-play activities are also included to help children play out scenarios that they might find themselves in.

Children complete KidSafe's full programme 1 in Key stage 1 and Key stage 2. We are rolling out all children taking part in full programme 2 and other additional workshops.

KidSafe topics consist of:

- Building trust and introduction of feelings
- Bullying, saying "no" and trusted adults
- Computer and Internet safety and age ratings
- Keeping our body and our private places safe and children's rules to help with this
- Parents/carers arguing
- Mental Health
- Intuition – What it is and trusting our intuition
- What makes you feel, sad, scared or worried (Yucky feelings)?
- Being upset due to the death of a pet
- Difference. Same and Different
- What worries we have about telling a trusted adult
- Difference – why children may get bullied
- Not having a trusted adult, trust and being let down
- Bullied via online games
- Inappropriate games/films that children may watch/play
- Identifying emotional impact and harm that can happen as a result of watching/playing violent films/games
- Acting out what they see/hear in the games/films
- What constitutes cyber bullying?
- Peer Pressure and why it is hard to say "no" and choices
- What makes us angry and the feelings we get in our head and body when we are angry
- An understanding of internalised anger and how to deal with it in a positive way.
- Recognise and control angry feelings, trapped anger
- Not keeping secrets, grooming, impact on emotional health and wellbeing and optional scenarios to address County Lines and child exploitation (County Lines only suitable for Year 6)
- Defining Mental Health and Emotional Wellbeing
- Parents or carers splitting up. The impact of arguing on children
- Evaluation followed by a three month recap and evaluation

Impact

The difference we aim to make for our children

Each lesson within Kapow Primary's scheme features assessment guidance, helping teachers to identify whether pupils have met, exceeded, or failed to meet the desired learning intentions for the lesson.

By the time our children leave Flimby Primary school, children will have met the objectives set out within the Relationships and Health Education statutory guidance and can utilise their learning within their daily lives, from dealing with friendship issues to resilience to making healthy choices and knowing where and how to get help when needed.