



Curriculum Intent, Implementation and Impact Statement

Personal, Social, Health and Emotional (PSHE)

Intent

Through the teaching of PSHE, we aim to promote emotional wellbeing and resilience. We also recognise the importance of both physical and mental good health and these are taught and promoted through this subject. In addition to this, we want to ensure that by the time our children leave St Charles, they have become confident, independent and reflective individuals, who are prepared with the skills that they need for the next part of their life journey and that this subject will have equipped them with the knowledge, understanding and emotions to be able to play an active, positive and successful role in today's diverse society.

At St. Charles school, we want our children to understand that it is okay to make mistakes, as long we learn from them. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a global citizen. 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.

Implementation

PSHE is taught through the Connect programme which is based on a model called DNA-V, which stands for four skills – Discoverer, Noticer, Advisor and Values.

- Discoverer – learning to explore the environment
- Noticer – becoming aware of and labelling experiences in the present moment



- Advisor – weighing up the reasons for or against pursuing a particular course of action
- Values – identifying qualities we want to reflect in our behaviour

DNA-V exercises help children to learn to use these skills in relation to how they see themselves and the social world. The Connect curriculum is based around the following termly themes, which are derived from the work of Dr. Basarkod who stated that psychologically healthy people tend to engage in six behaviours and the curriculum is built around them:

- Exercise – engaging with physical activity.
- Self-Care – looking after oneself, such as through healthy eating and improved sleep quality.
- Give to others – spending time and resources helping our fellow human beings.
- Connect with others – having healthy social relationships.
- Challenge yourself – continually trying to improve via learning.
- Embrace the moment – mindfully interacting with our thoughts and feelings.

In addition to this, we teach values led education through our Core Values and British Values. Each month is assigned a value e.g. love, co-operation etc. for the children to focus on and emulate in their own lives. These core values and British Values are taught in lessons and through assemblies and acts of worship.

PSHE is taught at St Charles as a subject in its own right, but where possible, links are made to other subjects. In particular links are made to RSE, PE and science, where children are taught about the importance of healthy relationships, sex education, healthy living and the need for good nutrition.



There is one PSHE lesson per week and it is taught by the class teacher.

Impact

Our children and staff value well-being, mental health and good citizenship. Through our curriculum, we believe that we prepare children for the next stage in their education as well as preparing them, during this vital stage of their life, for the adult world.

The Connect curriculum is high quality, well thought out and is planned to demonstrate progression. The impact of our PSHE curriculum will be:

- Children will live out the Gospel values and virtues such as love, peace, courage, honesty, forgiveness and justice.
- Children will develop positive and healthy relationships with peers both now and in the future.
- Children will understand the physical aspects involved in RSE at an age appropriate level.
- Children will have respect for themselves and others.
- Children will demonstrate and apply the British Values of democracy, tolerance, mutual respect, rule of law and individual liberty.
- Children will demonstrate a healthy outlook towards school – attendance will be in-line with national and behaviour will be good.
- Children will achieve age related expectations across the wider curriculum.

As the Connect programme is new to our school for 2020-2021, there will be an ongoing review of the implementation and impact of the resources, to allow us to develop a good picture of how effective it is in delivering the outcomes that we want for our children. The



impact of learning in PSHE will be measured through a range of approaches including pupil voice, feedback from staff and examples of children's learning.

In addition to this, we would expect to see our children demonstrate positive behaviours and attitudes, and to be able to make successful transitions between year groups, key stages and on into secondary school and beyond.