

## Intent:

At Broadfield Academy, we use the **Heart Smart** scheme of work to support the development of Personal, Social and Health Education (PSHE) and Relationships and Health Education (RHE). Relationships and Health is taught through our PSHE Heart Smart curriculum and Sex Education is taught through our Science Curriculum. This enables our children to become healthy, independent and responsible members of a society. We feel it is an important part of pupils' education to help them to understand how they are developing personally and socially. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of the diverse society in which we live.

We encourage our children to play a positive role in contributing to school and the wider community. We are aware of the way that PSHE and RHE support many of the principles of safeguarding and links closely to spiritual, moral, social and cultural development (SMSC) and British Values.

Through our PSHE and RHE curriculum, we recognise our duty to 'actively promote' and provide opportunity for children to understand fundamental British Values: Democracy, The Rule of Law, Individual Liberty, Mutual Respect and Tolerance - in order for children to become fair, tolerant and confident adults in a forever challenging world.

The aims of our PSHE and RHE curriculum is to deliver a curriculum that is accessible to all pupils, so they know more, remember more and understand more. Our PSHE and RHE curriculum aims to:

- ✚ Equip pupils with the knowledge, understanding and emotions to be able to play an active, positive and successful role in becoming an all rounded adults who are part of today's diverse society.
- ✚ Learn how to make good judgments about themselves, others and the world around them.
- ✚ Foster high aspirations, a belief in themselves and realise that anything is possible if they put their mind to it.
- ✚ Make them aware that we live in an ever-changing world, and to be ready for change when it comes.

## Implementation:

At Broadfield Academy, our PSHE and RHE curriculum aligns with government guidelines and the needs of our pupils. We expect teachers to use the PSHE and RSE Curriculum Overview to develop pupils' knowledge and skills to accelerate in school and beyond.

We believe that PSHE and RHE play a vital part of primary education. There are always occasions where teachers may feel it necessary to teach PSHE as a result of an issue arisen in their own class or in everyday society.

Please see the PSHE and RSE curriculum overview for more information about the themes and topics covered in each year group.

## Scheme of Work:

Our main PSHE scheme of work is **Heart Smart**. We use this scheme to guide PSHE lessons from Nursery – Year 6. There are six main themes that each year group focus on.

- ✚ Autumn Term 1 - Get Heart Smart
- ✚ Autumn Term 2 - Don't forget to Let Love In
- ✚ Spring Term 1 - Too Much Selfie Isn't Healthy
- ✚ Spring Term 2 - Don't hold on to what's wrong
- ✚ Summer Term 1 - Fake is a Mistake
- ✚ Summer Term 2 - No Way Through Isn't True

### **Relationships & Health Education (RHE):**

Our main RHE scheme of work is **Heart Smart**. We use this scheme to guide RHE lessons from Nursery – Year 6. There are six main themes that each year group focus on.

#### **Relationships Education:**

- + Families and people who care for me
- + Caring friendships
- + Respectful relationships
- + Online relationships
- + Being Safe

#### **Health Education:**

- + Mental wellbeing
- + Internet safety and harms
- + Physical health and fitness
- + Healthy eating
- + Drugs, alcohol and tobacco

Relationships and Health Education (RHE) is an important part of PSHE education. Relationships and Health Education (RHE) is compulsory for all primary school pupils. Relationships and Sex education (RSE) is compulsory for all secondary school pupils.

### **The Right to Withdraw:**

We would like all children to attend Relationships and Sex education (RSE) sessions in full as it is a vital part of the curriculum.

Parents DO NOT have the right to withdraw their children from the Relationships and Health Education (RHE) part of this curriculum. Parents do have the right to withdraw their children from the non-statutory components of the Science Sex Education Curriculum.

If parents would like to withdraw their child from the Sex Education component of the RSE Curriculum, they are required to complete the withdrawal form on the school website.

### **Spiritual, Moral, Social and Cultural Development (SMSC):**

SMSC is the Spiritual, Moral, Social and Cultural development of the children in our school. This is not a separate subject that is taught explicitly but an aspect of learning that should be present in lessons and behaviour in school. Some lessons lend themselves more easily to direct SMSC development such as PSHE and RE. We also aim to develop SMSC through our vision, values, mission, curriculum, reflection, discussion, communication, behaviour expectations and our attitudes in school.

#### **Spiritual Development:**

- + Beliefs, religious or otherwise, which inform their perspective on life and their interest in and respect for different people's feelings and values.
- + Sense of enjoyment and fascination in learning about themselves, others and the world around them, including the intangible.
- + Use of imagination and creativity in their learning.
- + Willingness to reflect on their experiences.

#### **Moral Development:**

- + Ability to recognise the difference between right and wrong and their readiness to apply this understanding in their own lives.
- + Understanding of the consequences of their actions.
- + Interest in investigating, and offering reasoned views about, moral and ethical issues.

### **Social Development:**

- ✚ Use of a range of social skills in different contexts, including working and socialising with pupils from different religious, ethnic and socio-economic backgrounds
- ✚ Willingness to participate in a variety of social settings, cooperating well with others and being able to resolve conflicts effectively
- ✚ Interest in, and understanding of, the way communities and societies function at a variety of levels.

### **Cultural Development:**

- ✚ Understanding and appreciation of the wide range of cultural influences that have shaped their own heritage.
- ✚ Willingness to participate in, and respond to, for example, artistic, musical, sporting, mathematical, technological, scientific and cultural opportunities.
- ✚ Interest in exploring, understanding of, and respect for cultural diversity and the extent to which they understand, accept, respect and celebrate diversity, as shown by their attitudes towards different religious, ethnic and socio-economic groups in the local, national and global communities.

### **Opportunities to Develop SMSC at Broadfield Academy:**

Pupils' spiritual, moral, social and cultural development (SMSC) is stimulated, challenged and nurtured in a variety of ways:

- ✚ School vision, values and mission
- ✚ Pupil and adult communication
- ✚ Reflection and discussion
- ✚ PSHE, RHE, RSE and RE curriculum
- ✚ Thrive activity boxes
- ✚ School assemblies and assemblies led by our local church lead
- ✚ British Values
- ✚ Trips and visits
- ✚ Exposure to speakers and professional visitors
- ✚ Opportunities to discuss key events locally, nationally and globally
- ✚ School themed days
- ✚ School Council
- ✚ Reflection cards
- ✚ Think Sheets
- ✚ Being part of a house team
- ✚ Sports clubs and sports teams

### **Impact:**

We believe the impact of our PSHE and RHE Curriculum enables pupils to:

- ✚ Be able to approach a range of real life situations and apply their skills and attributes to help navigate themselves through modern life.
- ✚ Be on their way to becoming healthy, open minded, respectful, socially and morally responsible, active members of society.
- ✚ Appreciate difference and diversity.
- ✚ Recognise and apply the British Values of: Democracy, Tolerance, Mutual Respect, Rule of Law and Liberty.
- ✚ Be able to understand and manage their emotions and look after their mental health and wellbeing.
- ✚ Be able to develop positive, healthy relationship with their peers both now and in the future.
- ✚ Have respect for themselves and others and have positive self-esteem.
- ✚ To ultimately uphold our mission statement: Believe it, Build it, Become it.