

PSHE and RSE at South Bersted

The PSHE and RSE curriculum at South Bersted was developed in line with the PSHE Association Guidance, Valuing All God's Children and the Education 4 Safeguarding programme. The curriculum was developed based on our local community trends—gathered from local statistics and is adapted when necessary to meet the needs of the cohort. Children, staff, parents and governors were consulted in the development of the curriculum

Why is PSHE and RSE important at South Bersted?

At South Bersted, our PSHE approach aims to develop the key building blocks of healthy, respectful relationships, focusing on family and friendships in all contexts, including online. This will sit alongside the essential understanding of how to be healthy both physically and mentally and aim to give children the strategies and a toolkit to deal with difficult or demanding situations.

What will children learn in PSHE and RSE?

South Bersted's 'learning map', states the expectations for each block of PSHE/RSE

1. Health and Wellbeing develops understanding of: healthy lifestyles; keeping safe, both on and offline—this includes UKS2 participating in the Junior Medic Programme and struggles faced as children grow and change.
2. Relationships develops understanding of: feelings and emotions; healthy Relationships—on and offline—including strategies to deal with an unhealthy relationship and personal boundaries/unacceptable contact and valuing difference.
3. Sex and Health: differences between male and females—including body parts; NSPCC pants rule; puberty—male and female changes and reproduction and pregnancy
4. Living in the Wider World develops understanding of: rights and responsibilities; environment—including climate change and global issues and money—this includes an enterprise business project.

Philosophy for Children runs alongside this programme. The overview for this is based on The Christian Aid Global Calendar, Global issues from the news, social, cultural or moral issues led by the children.

PSHE and RSE AT SOUTH BERSTED

Parent Voice

'It is very positive that children will have this information and be better equipped to deal with the modern world and their thoughts and feelings.'

Pupil voice

'It teaches us about how we should behave and treat each other .

When you grow up it helps you to keep safe.'

How is PSHE and RSE taught at South Bersted?

Our PSHE curriculum is broken down into 3 distinct areas:

1. Health and Wellbeing
2. Relationships (including Sex Education)
3. Living in the Wider World

Core elements are also taught through our Philosophy for Children approach which discusses global as well as and SMSC stimuli, giving every child a voice to express their opinions.

