



‘PSHE on a page’

Whole-school curriculum

Teaching and learning

- A progressive, spiral curriculum that builds knowledge, skills and confidence from year to year.
- Explicit teaching of vocabulary, respectful discussion, modelling, scenarios and opportunities to practise life skills.
- A safe, inclusive environment where pupils feel valued, listened to and able to ask questions.
- **A preventative approach that is flexible and responsive to emerging needs, pupil voice and the changing experiences of our school community.**
- Curriculum mapped to the current statutory RSHE framework and PSHE Association Programme of Study (2026).

Curriculum content — relationships, health and wellbeing

- Relationships, families, friendships, respect, boundaries and consent.
- Physical health, mental wellbeing, emotions, puberty and personal safety.
- Online safety, digital relationships, harmful content and exploitation.
- Age-appropriate sex education, economic wellbeing, financial literacy, careers and aspirations.

Assessment — evidence of learning

- Retrieval questions, discussion, pupil explanations and scenario-based activities.

- Identify misconceptions, check understanding and revisit learning where needed.
- Pupil voice, work samples and curriculum reviews demonstrate impact and inform future planning.

Review / plenary — retrieval strategies

- **I know...** What is the key message from today?
- **What would you do if...?** What safe choices could you make?
- **How do you know...?** Is this information reliable and respectful?
- **Where could you get help?** Who are your trusted adults?

Deliberate practice

- Practise assertive communication, boundaries, decision-making and help-seeking.
- Revisit key vocabulary, challenge myths and rehearse age-appropriate scenarios.

Adaptations for SEND

- Adapt language, pace, visuals, resources and task design to individual needs.
- Pre-teach vocabulary; use repetition, concrete examples, visual supports and social narratives where helpful.
- Break learning into manageable steps and provide alternative ways to communicate and participate.
- Consider sensory needs, anxiety, processing time and individual support plans; maintain high expectations with appropriate scaffolding.

Safeguarding, inclusion and curriculum progression underpin all PSHE teaching.

Follow school safeguarding procedures and current statutory guidance.