



Personal, Social, Health and Economic Education (PSHE)

Guidance & intent - September 2026 (Review: September 2028)

Intent

At Parklands Primary School, we believe that Personal, Social, Health and Economic Education (PSHE) is at the heart of preparing children for life. Our curriculum is designed to develop confident, resilient and respectful young people who understand themselves, value others and make informed, responsible choices.

We recognise that our pupils face a wide range of social, emotional and environmental challenges. Many of our children require explicit teaching of emotional regulation, resilience, relationships, wellbeing and keeping safe. Our PSHE curriculum has therefore been carefully designed to meet the needs of our school community whilst ensuring full coverage of the statutory Relationships and Health Education curriculum.

Through our curriculum, children develop:

- positive mental health and emotional wellbeing
- resilience, confidence and self-esteem
- healthy and respectful relationships
- an understanding of diversity, equality and inclusion
- knowledge to keep themselves physically and emotionally safe
- financial awareness and aspirations for the future
- confidence to contribute positively to school and the wider community.

At Parklands, we believe PSHE extends far beyond a weekly lesson. It underpins our safeguarding culture, our behaviour expectations, our enrichment opportunities and our commitment to ensuring every child is known, valued and supported.

Our curriculum reflects:

- Relationships and Health Education statutory guidance
- Keeping Children Safe in Education
- Education for a Connected World
- The Equality Act 2010
- Fundamental British Values
- SMSC development

Children are encouraged to become compassionate, thoughtful and active citizens who understand that their voice matters and that they can make a positive difference within their school and community.



Implementation

At Parklands, PSHE is taught through the Kapow Primary PSHE & RSE curriculum, providing a carefully sequenced progression of knowledge and skills from Early Years to Year 6. The curriculum is adapted where necessary to meet the specific needs of our pupils and community, using Pol-Ed and 1 Decision in some year groups to provide a rich and personalised curriculum.

Children study six key themes across the year:

- My Healthy Self
- Connecting with Others
- The Online World
- Citizenship
- Staying Safe
- Growing Up

Learning is built around four key strands:

- Self-regulation
- Managing Self
- Building Relationships
- Critical Thinking

Lessons begin with agreed ground rules to establish a safe, respectful environment where children feel confident to share ideas and opinions.

Every unit includes:

- a Unit Launch to explore prior knowledge and introduce the key questions
- carefully sequenced lessons
- opportunities for discussion, oracy and reflection
- real-life scenarios and problem solving
- an End of Unit Reflection.

Assessment is embedded throughout using our whole-school PSHE Floor Books. These provide opportunities for:

- pupil voice
- reflection
- retrieval practice
- assessment for learning
- showcasing learning over time.
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Through our PSHE curriculum, children are encouraged to:

- take responsibility for their actions through shared class ground rules and restorative approaches
- contribute to setting personal goals and reflecting on their own learning and wellbeing
- recognise, celebrate and respect diversity, equality and inclusion
- understand democracy through pupil leadership opportunities, including School Council and MindMate Ambassadors
- develop independence, resilience and responsibility for their own behaviour and choices
- confidently express their views while listening respectfully to the opinions of others.

Personal development is further strengthened through wider opportunities including:

- leadership roles such as School Council, MindMate Ambassadors, Reading Buddies, EAL Buddies and Year Group Buddies
- educational visits, visitors and enrichment experiences that broaden children's understanding of the wider world
- collective worship, assemblies and Picture News, which promote British Values, current affairs and reflection
- whole-school events including Anti-Bullying Week, Children's Mental Health Week, Careers Week, fundraising events and themed safeguarding weeks
- participation in performances, sporting events, competitions and community projects that develop confidence, teamwork and aspiration.

Promoting healthy lifestyles and wellbeing

We actively promote positive physical and mental wellbeing through:

- a wide range of lunchtime and after-school clubs
- Mindful Monday and our wider wellbeing offer
- MindMate lessons and support
- healthy eating initiatives and active lifestyles
- opportunities for physical activity throughout the school day
- tailored support for pupils with SEND, EAL and those requiring additional challenge
- nurturing relationships and pastoral support that ensure every child feels safe, valued and able to thrive.

Working in partnership with families



We recognise that parents and carers are children's first educators and are vital partners in PSHE.

We support families through:

- curriculum information shared on our website
- Parent Zone resources to support learning at home
- Relationships and Sex Education (RSE) information letters before sensitive units are taught
- regular communication through newsletters, ClassDojo and school events
- opportunities for parents and carers to engage with school through workshops, visits and celebrations.

Impact

The impact of our PSHE curriculum is demonstrated through children who are increasingly confident, resilient and able to make positive choices for themselves and others.

Children leave Parklands with the knowledge, skills and attitudes needed to thrive both in school and beyond.

We know our curriculum is successful because pupils:

- talk confidently about their wellbeing
- recognise and regulate their emotions
- build positive friendships and relationships
- understand how to keep themselves safe online and offline
- celebrate diversity and demonstrate respect for others
- understand their rights and responsibilities
- know where to seek help if they need it
- show increasing independence and resilience
- contribute positively to school life.

Teachers assess learning continuously through:

- PSHE Floor Books
- pupil voice
- retrieval activities
- lesson observations
- discussion and questioning
- reflection activities
- end of unit assessment opportunities.

Subject leader monitors the curriculum through:



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- book looks
- Floor Book scrutiny
- pupil interviews
- learning walks
- planning reviews
- staff discussions
- monitoring of enrichment opportunities.

The impact of PSHE can also be seen across the wider life of the school through:

- high levels of pupil participation in leadership opportunities
- positive behaviour and respectful relationships
- strong safeguarding culture
- improved emotional literacy and wellbeing
- increased confidence and aspirations
- active engagement in the wider community.

Ultimately, our aim is for every child to leave Parklands equipped not only with knowledge, but with the confidence, resilience and character to Nurture, Grow and Succeed.

Reviewed: July 2026

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