



Lincoln Carlton
·ACADEMY·

The PSHE Curriculum

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">INTENT</p>	<p>As our curriculum intent states, The Personal, Social, Health and Economic (PSHE) and pastoral support is placed at the heart of our curriculum offer. At Lincoln Carlton Academy, our intention is to provide a high-quality Personal, Social, Health and Economic (PSHE) and Relationships and Sex Education (RSE) to ensure our children have the knowledge, skills and attributes they need to manage their lives and relationships now and, in the future, within the local community and within the wider world. The PSHE and RSE curriculum is linked closely to the context of our school and our community.</p> <p>Our PSHE curriculum shapes the whole ethos of our school and embodies our Golden Rules and Values. We want all children to feel happy and safe both at home and school, and to know how they can get help. Our intention to build strong relationships is at the heart of this. It is our intent that our PSHE curriculum listens to and responds to the child's voice in a safe, open and honest environment. By building on their previous learning and their current understanding, our intention is that our children gain a breadth of knowledge that will enable them to be tolerant, respectful, understand what is right and wrong, know the opinions of others matter and they are free to make their own choices.</p> <p>At Lincoln Carlton Academy, our PSHE curriculum is designed so that different themes are covered in a variety of different subjects and contexts. It is our intent that our curriculum builds up children's knowledge as they move through the school, as well as building in times for retrieval of previous knowledge. Our children are educated about many different issues that they will come across, within their families, the local community and in the wider world. They will develop emotional intelligence and the ability to articulate their feelings to maintain good mental health, as well as understanding the importance of their physical health and being healthy. They will learn how to manage their emotions, make informed decisions and how to keep themselves safe in different contexts.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">IMPLEMENTATION</p>	<p>At Lincoln Carlton Academy, our PSHE curriculum is designed to deliver our curriculum intent. Our PSHE curriculum provides a comprehensive and bespoke scheme of work that brings consistency and progression to our children's learning and is delivered through high quality teaching. All areas of PSHE for the primary phase are covered, including statutory Relationships and Health Education. At Lincoln Carlton Academy, a circle time session, as well as a PSHE/ RSE session is taught weekly. In the Early Years Foundation Stage (EYFS), the coverage is via circle time and PSHE sessions, as well as during day-to-day continuous provision and in the moment planning. This ensures that the PSHE skills and knowledge are taught in a developmental and age-appropriate way. All PSHE lessons have links to the British Values and the 9 Protected Characteristics (age appropriate). The curriculum is designed so that previously taught knowledge and skills are revisited, previous knowledge is built on and that new knowledge can be shared and celebrated.</p> <p>For all our children in school, the PSHE curriculum is also implemented, reinforced and enhanced during daily interactions with each other, through relationships between children, relationships between children and adults and relationships between adults and adults, daily routines, during break and lunchtimes, assemblies, educational visits, extra-curricular activities, behaviour systems and pastoral support. At Lincoln Carlton Academy, we view every interaction as a teaching opportunity and as a way of taking what the children have learnt in PSHE and using it in everyday situations. Behaviour or language that is not in keeping with our rules, values, ethos is not tolerated, is challenged and is dealt with in accordance with our policies.</p> <p>An important part of our PSHE curriculum links to self-regulation. Self-regulation allows you to understand and manage behaviours and reactions to feelings and things happening around you. It plays a significant role in managing emotions, focus and attention, and actions. At Lincoln Carlton Academy, we use the Incredible 5 Point Scale to support all children within school to be able to self-regulate, and when they are able to express their feelings and emotions.</p> <p>When an issue arises that needs to be addressed, this is done so in a timely manner. This could be something linked to a class or linked to a wider local issue. Consideration is then taken regarding whether any adaptations need to be made to the curriculum, based on the needs of the children or local context.</p> <p>The themes that are covered are:</p> <ul style="list-style-type: none"> • Culture at Carlton – which link to our Golden Rules and Values and our local context. • Living in the Wider World • Relationships • Health and Mental Wellbeing • Basic First Aid • Preventative Education – with specific links to safeguarding <p>There are strong links between the PSHE/RSE and the computing curriculum and the following topics are covered:</p> <ul style="list-style-type: none"> • online relationships • online safety • online reputations • bullying • health and wellbeing • privacy and security • The computing curriculum is taught through the scheme of EVOLVE.

	<p>Outside visitors, speakers and experts allow us to bring the implementation of our PSHE / RSE curriculum to life, during lessons, WOW days and during assemblies. This enables the messages that we share within our PSHE/RSE implementation to be reiterated by other people, to show that the knowledge and skills that we are teaching them are needed in the local community and wider world.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">IMPACT</p>	<p>We will see the impact of our PSHE curriculum through the behaviours and attitudes of the pupils within school, through their relationships with each other, staff, their families and others within the wider community and online.</p> <p>Children will know their rights and responsibilities. Children will be able to respond to the different topics covered and evidence how it relates to them personally. Children will know that their voice is important and will be listened to and valued.</p> <p>The impact of our PSHE curriculum will mean that our children will:</p> <ul style="list-style-type: none"> • be ready for the next stage of their education, in terms of their learning behaviours and in terms of the knowledge needed for their next steps. • know what PSHE and RSE is and why it is an important part of our curriculum. • be confident and competent speakers, with the skills to be able to discuss and debate effectively and respectfully. • be resilient, confident, independent. • how to keep themselves physically and mentally healthy. • know the strategies they can implement to support themselves and who to go to for support. • be able to articulate how they are feeling and why • understand the physical aspects involved in RSE at an age-appropriate level. • know how to behave and keep themselves safe online. • have the knowledge and skills to be responsible, respectful, active citizens who contribute positively to society, developing their understanding of fundamental human values, their understanding and appreciation of diversity, celebrating what we have in common and promoting respect for all.