PSHE/RSE Curriculum Statement

🎯 Our Curriculum Intent

PSHE (Personal, Social, Health and Economic) and RSE (Relationships and Sex Education) form a crucial part of our curriculum, preparing students for life both now and in the future. At Great Arley, our intent is to provide a safe, inclusive, and supportive environment where students develop the essential knowledge, understanding, and skills needed to lead confident, healthy, safe, and independent lives. We aim to nurture responsible, resilient, and respectful individuals who are ready to contribute positively to society and adapt to life's many transitions.

At Great Arley, our Relationships and Sex Education (RSE) curriculum is delivered in accordance with the Department for Education's statutory guidance and reflects the evolving needs of our pupils and community. We are committed to providing high-quality, age-appropriate RSE that supports pupils' emotional wellbeing, personal safety, and understanding of respectful relationships. In preparation for the revised statutory guidance coming into force in September 2026, our curriculum will incorporate new content areas including suicide prevention, sexual harassment, online safety, and menstrual health, while ensuring sensitive topics such as gender identity are approached with caution and clarity. We uphold transparency with parents, who have the right to view all teaching materials, and we ensure that all content is inclusive, evidence-based, and aligned with safeguarding principles.

Our approach towards both PSHE and RSE empowers pupils to make informed decisions, fosters resilience and kindness, and prepares them for the responsibilities of adult life.

Through a whole-school approach, PSHE/RSE supports the academic, physical, emotional, social, spiritual, and creative development of every student. It also plays a key role in supporting students with SEND, including those with Education, Health and Care Plans, by addressing personalised learning goals.

Curriculum Overview

In our school PSHE and RSE is taught as practically as possible and with links to the real world.

In our Primary Department, we follow the EQUALS semi-formal (Primary Red) and formal curriculum (Primary Yellow and Blue) and tap into the National Curriculum where appropriate for our learners. EQUALS is structured to be developmental, personalised and holistic with a focus on functional life skills and emotional wellbeing.

Primary Red – Semi-formal EQUALS Curriculum

My Independence: my dressing & undressing, my shopping, my cooking/food technology and my travel training

My Physical Well-Being: healthy eating and healthy lifestyle, mental health and well-being, physical activities

My Relationships and Sex Education: elements of this will only be taught when appropriate for the learner

My Play and Leisure: learning to play, types of play, social skills

My Thinking and Problem-Solving: inter-linked into the other areas of learning.

Primary Yellow and Blue – Formal EQUALS Curriculum

My Independence: travel training, shopping, cooking

My Physical Well-Being: play and other natural physical activities, PE, Sports and Games, aquatics, healthy eating and healthy lifestyles, good mental health and well-being

My Play and Leisure: learning to play, types of play, social skills

The World About Us: people

The Key Stage 2 Curriculum asks ‘What? and ‘Who?’ questions and builds throughout Key Stage 3 into ‘Why?’ and ‘How?’ questions.

The three core themes for KS3 in each school year are: Health and Wellbeing, Relationships or Living in the Wider World. Teaching builds throughout the primary phase according to the age and needs of the pupils, with suggested developmentally appropriate learning objectives responding to each key question.

Our PSHE/RSE curriculum is carefully mapped across all key stages and is flexibly adapted each year to meet the evolving needs and starting points of our students. It builds on prior learning, addresses misconceptions, and introduces new and more challenging concepts when appropriate. The curriculum is broad and includes topics such as:

- Healthy lifestyles and physical/emotional wellbeing
- Citizenship and making a positive contribution
- Personal finance and money management
- Drug and alcohol education
- Digital safety and online behaviour
- Relationships and puberty education
- Preparation for independence and adulthood

We deliver PSHE and RSE through discrete weekly lessons, thematic days/weeks (e.g. Online Safety Week, No Pens Day), and a range of enrichment activities such as drama, art, music, collective worship, circle time, residential experiences, work experience placements, and college or community visits. Lessons are practical, interactive, and communication-rich, ensuring accessibility for all learners.

We are members of the PSHE Association and use their quality-assured resources to ensure our provision meets national best practice standards for safe, effective, and age-appropriate delivery.

🛠️ Skills and Knowledge Students Develop

Students develop a wide range of personal, emotional, and social skills including:

- Positive self-image, self-regulation, and emotional resilience
- Understanding of diversity, equality, and individual rights
- Ability to manage relationships safely, both offline and online
- Awareness of how to maintain physical and mental health
- Practical life skills for managing money, safety, and health

Lessons encourage students to make their own decisions about matters that affect them and their bodies. We encourage students to think carefully and critically about topics that we discuss to form well-balanced opinions.

Assessment is ongoing and measured using B-Squared where appropriate, with progress also evidenced through platforms such as Evidence for Learning (EfL). Individual targets from EHCPs are incorporated into the curriculum to ensure personalised learning outcomes.

🌍 Careers and Cross-Curricular Connections

PSHE/RSE is deeply embedded across the curriculum and plays a vital role in careers education, social communication development, and life skills progression. Students engage in a variety of cross-curricular and career-focused opportunities, including:

- Key Stage 3 Aspirational Activities and work experience
- College and local employer visits
- Life skills lessons (e.g. cooking, travel training, personal finance)

- Links with other agencies/professionals to deliver tailored sessions linked to PSHE/RSE (e.g. NHS, Nurses, Fire/Police etc)
- Lunchtime and playtime enrichment activities (e.g. sensory club, colouring club, mindfulness group)
- **Art:** using art to express thoughts, feels and ideas creatively
- **Music:** music to express and regulate emotions
- **PE:** Swimming and physical activity for health and wellbeing
- Enrichment trips (e.g. trips within the local community, shops etc)
- Thematic weeks that integrate ICT, literacy, drama, and citizenship
- We encourage students to build resilience which can be transferred to other lessons.

These experiences ensure students are not only academically prepared but also socially and emotionally equipped for life beyond school. Through our comprehensive PSHE/RSE offer, we help students become informed, thoughtful, and empowered individuals ready for their next steps in education, employment, and independent living.