

## PSHE

**Intent:** At Myton Park, we aim to develop skills and attributes including resilience, self-esteem, risk-management, team working and critical thinking in the context of learning grouped into three core themes:

- health and wellbeing,
- relationships
- living in the wider world.

PSHE education helps pupils to develop the knowledge, skills and attributes they need to manage many of the critical opportunities, challenges and responsibilities they will face as they grow up and into adulthood. By teaching pupils to stay safe and healthy, and by building self-esteem, resilience and empathy, an effective PSHE programme can tackle barriers to learning, raise aspirations, and improve the life chances of the most vulnerable and disadvantaged pupils. Our curriculum continually allows flexibility, to address social situations within the school community.

**Implementation:** Adopt the three core themes as part of our practise within PSHE lessons, assemblies and ongoing support. The three principles, health and wellbeing, relationships and living in the wider world are to be continually reinforced and developed over the course of a child's time in primary education. The weekly diet of PSHE should consist of at least 30 minutes of core PSHE curriculum, which can then be built upon through responsive PSHE. **It is also covered through well-planned and timetabled assemblies (linked to RE) and themed days.**

**Impact:**

Having implemented these core themes, children should develop greater self-awareness alongside empathy for others, offering help, support and, possibly advice for peers. Their understanding and use of resilience should be embedded in their thinking in relation to emotional, physical and academic needs.