

PERSONAL, SOCIAL AND HEALTH EDUCATION
CURRICULUM INTENT –
PARK ASPIRE

Intent – Implementation – Impact



Intent:

At Park Aspire the aim of our Personal, Social and Health Education (PSHE) curriculum is to provide a holistic and inclusive education that supports the social, emotional, mental well-being and personal development of every pupil. The PSHE curriculum aims to equip pupils with the knowledge, skills, and attitudes necessary to make informed decisions, manage their emotions, develop positive relationships, and lead healthy and fulfilling lives. It seeks to foster resilience, self-awareness, empathy, and responsible citizenship, empowering pupils to overcome challenges, make positive contributions to their communities, and succeed in their futures.

Implementation:

The PSHE curriculum is tailored to the specific needs and developmental stages of pupils in Reception to Year 9, ensuring that the content is age-appropriate and engaging. Park Aspire provides a safe learning environment to support pupils in progressing academically, and most importantly emotionally. It covers a range of topics such as emotional well-being, healthy lifestyles, relationships, personal safety, diversity and inclusion, citizenship, and financial literacy. The PSHE curriculum is broken down into 3 main areas; health and well-being, relationships and living in the wider-world.

The curriculum employs a variety of teaching methods, including group discussions, role-plays, case studies, guest speakers, multimedia resources, and experiential learning activities. These approaches encourage active participation, critical thinking, and reflection, enabling pupils to apply their learning to real-life situations.

Park Aspire recognises that pupils in our provision may have diverse backgrounds and complex needs, the PSHE curriculum provides individualised support and differentiated instruction. This may involve targeted interventions, mentoring, counselling, and referral to specialised services, ensuring that every pupil receives the necessary support to thrive academically, emotionally, and socially.

The PSHE curriculum collaborates with external agencies, such as mental health services, local authorities, community organisations, and youth support groups, to enhance the range of resources and expertise available to pupils. This partnership promotes a comprehensive approach to pupil well-being and enable access to additional support networks.

Impact:

The PSHE curriculum promotes positive mental health, emotional resilience, and self-esteem among pupils. They develop coping strategies, problem-solving skills, and a sense of self-worth, enabling them to navigate challenges and setbacks effectively.

Pupils will gain knowledge about healthy eating, physical activity, and personal hygiene, empowering them to make informed choices and adopt healthy behaviours. This will contribute to their overall well-being and reduce the risk of lifestyle-related health issues.

Through the development of interpersonal skills, empathy, and communication techniques, pupils will be equipped to build and maintain positive relationships with peers, family, and the wider community. This will foster a sense of belonging, respect, and inclusivity.

The PSHE curriculum encourages pupils to develop an understanding of their rights and responsibilities as active citizens. They will explore concepts of democracy, social justice, and human rights, preparing them to make positive contributions to society and engage in civic participation.

By addressing the social and emotional needs of pupils, the PSHE curriculum will create a conducive learning environment that supports academic progress. Pupils will be more engaged, focused, and resilient, leading to improved educational outcomes and increased motivation for learning.