

# Chester Park Federation Curriculum Statement: PSHE

## Intent



Chester Park's PSHE curriculum aims to support children in developing strong, positive relationships with one another and with the community in which they live. It is designed to ensure that pupils can apply their learning to real-life situations, helping them to navigate the wider world with confidence.

The curriculum places a strong emphasis on building resilience, as well as nurturing both mental and physical wellbeing. Pupils are encouraged to develop empathy by exploring and understanding the lives of others, including those whose experiences may differ from their own. Through this, children learn to reflect on their actions and their impact on those around them.

PSHE at Chester Park also prioritises personal safety, including road safety, drug awareness, and relationships education. These elements are carefully planned to equip pupils with the knowledge and skills they need to make safe and informed choices.

Overall, the curriculum is designed to prepare children for life as responsible, respectful, and informed global citizens.

## Implementation



At Chester Park, we use the *Jigsaw* scheme of work for Personal, Social and Health Education (PSHE) across the Federation. This scheme was carefully selected as it provides a comprehensive and structured programme that includes all statutory requirements for Relationships and Health Education. Its spiral, progressive approach ensures that key concepts are revisited and built upon over time, enabling pupils to deepen their understanding as they move through the school.

PSHE is taught as a discrete subject, with each term focusing on a whole-school theme (for example, *Healthy Me*). Within these themes, pupils are exposed to age-appropriate learning that develops their knowledge, skills, and understanding in a consistent and progressive way. The curriculum places a strong emphasis on emotional literacy and is closely linked to our "Change" Golden Thread, helping pupils to understand and manage transitions and challenges in their lives. Lessons are designed to support children in developing a strong sense of self, while also understanding how they relate to others in an ever-changing world.

Mindfulness is an integral part of the *Jigsaw* approach and is embedded within lessons to support pupils' emotional awareness and focus.

## Impact



Children will be prepared to manage the changes they experience, particularly during transitions to the next stage of their education. They will develop high aspirations for themselves and their future. Through PSHE, children will learn how to navigate conflict and resolve disagreements in a positive and constructive way.

They will develop an appreciation and understanding of the diverse cultures within our community, while also reflecting on what makes them unique and valuing their individuality. Children will recognise and appreciate the contributions made to our community by people from a range of backgrounds and heritages. They will also develop empathy and understanding of the challenges faced by people within both their local community and the wider world.

In addition, children will learn how to keep themselves safe and will be confident in understanding the physical and emotional changes that occur during puberty and as they grow older.