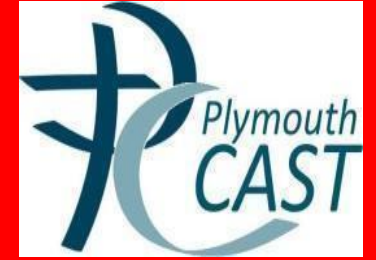




# Christ the King Catholic Primary School



## Curriculum Design for PSHE

The Personal, Social, Health, and Economic Education (PSHE) curriculum at Christ the King Catholic Primary School aims to provide a holistic framework that nurtures the development of our students as responsible, respectful, and well-rounded individuals. Grounded in Catholic values and teachings, our PSHE program emphasises the importance of personal growth, social awareness, emotional well-being, and healthy relationships.

## Intent

1. **Spiritual and Moral Development:** To foster an understanding of Catholic teachings and values, encouraging students to reflect on their beliefs and the impact of their actions on themselves and others.
2. **Emotional Well-being:** To equip students with the skills to understand and manage their emotions, develop resilience, and seek help when needed.
3. **Social Skills:** To promote positive relationships and effective communication skills, teaching students how to collaborate, resolve conflicts, and show empathy towards others.
4. **Health and Well-being:** To educate students on physical health, mental health, and healthy lifestyles, ensuring they understand the importance of making informed choices.
5. **Relationships and Sex Education (RSE):** To provide age-appropriate knowledge about relationships, including the emotional, social, and physical aspects of growing up, while aligning with Catholic teachings on the sanctity of life and the dignity of the individual.
6. **Citizenship and Economic Awareness:** To encourage an understanding of their role in society, fostering responsible citizenship, and awareness of economic principles that promote sustainable living and community engagement.



## Implementation

At Christ the King, the Personal, Social, Health, and Economic Education (PSHE) curriculum is implemented weekly using the Ten Ten scheme, which provides a comprehensive and faith-based approach to education. This program aligns closely with our Catholic values, ensuring that all learning experiences are rooted in our commitment to fostering the spiritual, moral, and social development of our students. We also use discussions, circle time and 'trick box' lessons to enhance our curriculum.

### **Weekly Delivery**

PSHE is taught every week, allowing for consistent engagement with the material and opportunities for reflection and discussion. Each session is carefully designed to build upon previous learning, reinforcing key concepts and promoting a deeper understanding of personal, social, and health-related issues.

### **Age-Appropriate RSE**

Integral to our PSHE curriculum is the provision of Relationships and Sex Education (RSE). The Ten Ten scheme offers age-appropriate RSE content that is sensitive to our Catholic ethos. This curriculum supports children in understanding the emotional, social, and physical aspects of relationships, helping them to navigate their developmental journey with confidence and respect.

### **Integration of Catholic Values**

Every lesson incorporates Catholic teachings, emphasizing the dignity of each individual, the sanctity of life, and the importance of love and respect in relationships. By fostering an understanding of these values, we empower students to make informed, responsible choices in their lives.

## Impact

The implementation of the Ten Ten PSHE curriculum at Christ the King Catholic Primary aims to achieve significant and lasting impacts on our students, their families, and the wider school community. Our intended outcomes include:

### **Holistic Development.**

Students will develop a well-rounded understanding of themselves and their relationships with others, fostering emotional, social, and spiritual growth in alignment with Catholic values. They will be equipped to navigate personal and social challenges with confidence.

### **Positive Relationships.**

Through age-appropriate RSE and discussions on healthy relationships, students will learn to build and maintain respectful, compassionate relationships. They will demonstrate empathy, kindness, and respect for others, reflecting the teachings of Jesus in their interactions.

### **Informed Decision-Making.**

Students will be empowered to make informed choices regarding their health, well-being, and relationships. They will understand the importance of consent, respect, and personal boundaries, enabling them to approach relationships in a responsible manner.

### **Resilience and Well-being**

By addressing emotional well-being and mental health, the curriculum will help students develop resilience and coping strategies. They will be better equipped to manage stress and challenges, leading to improved emotional health and a positive school experience.

### **Strong Community Values.**

The curriculum will foster a sense of belonging and community among students, staff, and families. By promoting inclusivity and celebrating diversity, we will create an environment where every individual feels valued and accepted.

### **Active Citizenship.**

Students will gain an understanding of their role within the wider community, encouraging them to engage positively and responsibly. They will learn about social responsibility and the importance of contributing to society in alignment with Catholic teachings.