



# PSHE Curriculum



**Intent:** At St Swithun's Catholic Primary School, our PSHE curriculum is designed to support pupils in becoming confident, healthy and responsible individuals, well prepared for life in modern Britain and rooted in Gospel values.

Our curriculum equips children with the knowledge and skills to:

- Understand themselves as unique individuals created and loved by God
- Build positive, respectful and safe relationships
- Make informed choices about their physical and mental wellbeing
- Develop resilience, empathy and self-worth

Through a broad and progressive programme, pupils develop an understanding of:

- Mental and physical health
- Relationships and emotional wellbeing
- Personal safety, including online safety
- Financial responsibility and decision-making
- Their role within society and the wider world

We aim to broaden pupils' horizons, raising aspirations and enabling them to see their place in the world with confidence, dignity and purpose.

**Implementation:** At St Swithun's, PSHE is delivered through the Ten:Ten 'Life to the Full' programme, supported by additional PSHE Association-aligned materials where appropriate. The curriculum is carefully sequenced and progressive, ensuring knowledge and skills build over time.

## Progressive Curriculum Design

Progression is carefully mapped across all phases ensuring pupils revisit key concepts with increasing depth and maturity across four key themes:

- Personal identity and self-worth
- Relationships and community
- Health and wellbeing
- Living in the wider world

The Ten:Ten 'Life to the Full' programme supports pupils in understanding:

- That they are created and loved by God
- The importance of respect, dignity and compassion
- How to make moral and informed choices

## Teaching Approach

Our teaching approach ensures that all pupils can access and engage with PSHE learning:

- Use of discussion-rich lessons, promoting oracy and pupil voice
- Safe and supportive classroom environments, where all opinions are valued
- Clear modelling and guided practice (I do – We do – You do where appropriate)
- Opportunities for reflection, debate and critical thinking
- Use of real-life contexts and scenarios to deepen understanding

PSHE is not only taught discretely but also reinforced through:

- Collective worship and Catholic Life
- Cross-curricular links
- Whole-school culture and expectations



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Adaptation and Inclusion is embedded to ensure all pupils can succeed and feel included:

- Scaffolded discussion prompts to support participation
- Sentence stems and vocabulary banks to develop oracy
- Use of visuals, stories and role-play to support understanding
- Flexible outcomes, allowing pupils to express ideas in different ways
- Peer support and collaborative learning to build confidence
- A strong emphasis on inclusion, respect and belonging

PSHE learning is rooted in real-life application, ensuring pupils can:

- Apply strategies to manage emotions and relationships
- Understand how to keep themselves safe in different contexts
- Make informed decisions about wellbeing and lifestyle
- Develop awareness of future aspirations and the world of work

## **Catholic Social Teaching in PSHE**

At St Swithun's, PSHE is deeply rooted in the principles of Catholic Social Teaching. Pupils are taught that every person is made in the image and likeness of God, promoting a strong sense of dignity, self-worth and respect for others. Through the curriculum, children develop an understanding of the importance of relationships, community and participation, recognising their responsibility to contribute positively to society. They explore themes of justice, fairness and compassion, learning to stand against bullying, discrimination and injustice. Through reflection and discussion, pupils are encouraged to use their God-given gifts to support others, make responsible choices and work towards the common good, both within their local community and the wider world.

**Impact:** By the time pupils leave St Swithun's Catholic Primary School, they will:

- Demonstrate confidence, self-awareness and emotional literacy
- Build and maintain positive, respectful and safe relationships
- Understand how to keep themselves safe, both online and offline
- Show resilience and the ability to manage challenges and emotions
- Make informed choices about wellbeing, relationships and finances
- Have an awareness of future possibilities and aspirations
- Act as responsible, respectful members of their community

Our pupil-centred approach ensures all children feel safe, valued and able to contribute. This prepares pupils not just for school, but for life beyond St Swithun's.

*"You are precious in my eyes, and honoured, and I love you."*

**Isaiah 43:4**