



Essendon C of E Primary School

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## PSHE & RSE Curriculum Statement (Kapow-Aligned)

### Intent

Our PSHE and RSE curriculum aims to equip pupils with the knowledge, skills and values they need to lead healthy, safe and fulfilling lives. Through the Kapow scheme, we provide a progressive, spiral curriculum that supports children's personal development, emotional wellbeing and understanding of relationships.

We intend for pupils to:

- Develop confidence, resilience and a positive sense of identity.
- Build healthy relationships based on respect, empathy, boundaries and equality.
- Understand how to keep themselves safe, both online and offline.
- Learn how to make informed choices about health, wellbeing and lifestyle.
- Develop emotional literacy and strategies for managing feelings.
- Gain age-appropriate understanding of families, friendships and changing bodies.
- Become responsible, active members of their community and the wider world.

### Implementation

We deliver PSHE and RSE using the structured progression and high-quality resources of the Kapow curriculum, ensuring consistency and coverage across all year groups.

Our implementation includes:

- **Weekly PSHE lessons** supported by Kapow's videos, stories, discussions and reflective activities.
- **A spiral structure**, revisiting key themes across the year: Health and Wellbeing, Relationships, Living in the Wider World, and RSE.
- **Clear, age-appropriate RSE teaching** in line with statutory guidance and school policy.
- **Regular opportunities for discussion**, circle time and collaborative learning to develop social and emotional skills.

- **Explicit teaching of vocabulary** related to feelings, health, relationships and safety.
- **Dedicated online safety learning**, integrated throughout the curriculum.
- **Cross-curricular links** with science, computing, PE and safeguarding.
- **An inclusive approach** ensuring all pupils feel valued, respected and represented.
- **Support for whole-school wellbeing**, including mental health strategies, assemblies and pastoral provision.

## Impact

Our PSHE/RSE curriculum helps pupils grow into confident, respectful and well-informed individuals who understand how to keep themselves healthy and safe.

The impact is seen in:

- **Pupils who can express their feelings, opinions and ideas with confidence.**
- **Improved emotional literacy**, enabling children to manage challenges and seek support when needed.
- **Positive attitudes towards diversity, equality and healthy relationships.**
- **A secure understanding of how to stay safe**, including online safety and recognising unhealthy behaviour.
- **Children who demonstrate kindness, empathy and respect** within the school community.
- **Clear progression** in knowledge, vocabulary and maturity across year groups.
- **Learners who are well-prepared** for the next stages of their personal, social and emotional development.