



#### National Curriculum Aims

Personal, Social, Health and Economic (PSHE) is a non-statutory subject. PSHE can encompass many areas of study. Teachers are best placed to understand the needs of their pupils and guide discussions to best suit the needs of their class.. However, while we believe that it is for schools to tailor their local PSHE programme to reflect the needs of their pupils, we expect schools to use their PSHE education programme to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.

Schools should seek to use PSHE education to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, Relationship and health education and the importance of physical activity and diet for a healthy lifestyle.

Relationships and Health Education is an important part of PSHE education. Relationships and Health Education is compulsory for all primary school pupils.

Intent	Implementation	Impact
<p>At Hujjat Primary School, our PSHE lessons are underpinned by our values: <b>respect, gratitude, excellence, integrity, service and compassion</b>. We aim that through PSHE opportunities, children become emotionally literate, develop self-awareness and self-regulation strategies, and develop an understanding and acceptance of themselves and others, enabling them to form healthy, positive relationships with others, make positive choices for their mental and physical health and make a positive contribution to society, appreciating their God-given qualities and successes and navigating life's challenges with resilience and faith.</p> <p>During our lessons the children develop the knowledge and tools they need to manage stress, regulate emotions and face the challenges of the 21st century with optimism, resilience and compassion.</p> <p>With a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health, HPS' bespoke PSHE curriculum equips children with the knowledge, skills and attitude required to lead happy, healthy and fulfilling lives. By integrating Islamic teachings, practical life skills, school values and British values, our whole school approach to PSHE nurtures well-rounded individuals who embrace diversity, serve their communities and contribute positively to the world, with a greater purpose in mind.</p>	<p>Our curriculum for PSHE, is taught as a whole-school approach, underpinned by our school values, to nurture children's development as individuals. Guided by the PSHE Association framework, we ensure key areas – Living in the Wider World, Relationships and Health Education (RHE), and Health and Wellbeing – and all statutory requirements are met.</p> <p>At Hujjat Primary School classes dedicate time to PSHE each week in order to explicitly teach the PSHE knowledge and skills in a developmental and age-appropriate way. These explicit lessons are reinforced and enhanced in many ways: assemblies drawing on lessons from the Prophet Muhammad and Quran, praise and reward systems that encourage school values, relationships between children and their peers and children and adults across the school and enrichment opportunities throughout the year. We aim to 'live' what is learnt and apply it to everyday situations in the school community.</p> <p>PSHE offers an opportunity for teachers to build a positive relationship with children, fostering a safe environment for children to openly share and discuss their thoughts, feelings and experiences. At times it enables teachers to assess whether a child/children should be signposted for additional pastoral support and provides opportunities to deal with issues that may arise in their class or Year Group.</p>	<p>The impact of our PSHE curriculum is seen in the development of confident, resilient and compassionate children, well prepared to thrive in the modern world, while remaining grounded in their faith and values.</p> <p>Through their PSHE journey, children will learn to practice empathy towards themselves and others developing the ability to identify and regulate their emotions.</p> <p>Children will build positive and healthy relationships within the school as well as developing an understanding of what constitutes a healthy, positive relationship and how to build them to help them with future relationships.</p> <p>Our PSHE curriculum will help children gain a clear understanding of what changes they may experience and what constitutes a healthy lifestyle - physically, mentally and spiritually. They will acquire the knowledge and skills to keep themselves safe (with regards to road safety, online safety, medicine/ substance safety). In line with the school values and British Values, children will learn to be respectful, tolerant and accepting of themselves and others, whilst also developing the ability to think critically and make informed choices.</p> <p>The PSHE curriculum will inspire children to become active members within the school and the wider community, demonstrating values of compassion, respect, service, gratitude, integrity and excellence. In doing so, they will leave Hujjat Primary School as well-rounded individuals with a strong moral compass, shaped by Islamic teachings, ready to navigate life's challenges with resilience, integrity, gratitude and a commitment to serving others.</p>

## Knowledge and Skills

As pupils progress throughout the PSHE curriculum, they will develop the knowledge, skills and attributes they need to manage their lives, now and in the future. This will give them the opportunity to thrive as individuals, family members and members of society. PSHE supports the children in achieving their academic potential, from making responsible decisions to succeeding in their first job. It helps pupils to manage many of the most critical opportunities, challenges and responsibilities they will face growing up.

### An effective curriculum for PSHE will promote:

The “Personal Development” and “Behavior and Attitude” aspects required under the Ofsted Inspection Framework, as well as significantly contributing to the school’s Safeguarding and Equality Duties, the Government’s British Values agenda and the SMSC development opportunities provided for our children. Our PSHE education helps children and young people to achieve their potential by supporting their wellbeing and tackling issues that can affect their ability to learn, such as anxiety and unhealthy relationships. PSHE education also helps pupils to develop skills and aptitudes — like teamwork, communication, and resilience — that are crucial to navigating the challenges and opportunities of the modern world.

Creativity	Assessment
<p>Our curriculum for PSHE is mainly taught using a spiral, progressive curriculum, and 'aims to prepare children for life, helping them to know and value who they are and understand how they relate to other people in this ever-changing world. There is a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. It includes mindfulness to allow children to advance their emotional awareness, concentration and focus.</p> <p>At HPS Primary School, we take a whole school approach towards PSHE, and embrace themed days throughout the academic year; which are also supplemented by workshops, enrichment and outreach opportunities, assemblies and visits.</p> <p>From the Early Years Foundation Stage to Year 6, we ignite a love for learning through a carefully planned blend of child initiated and adult led activity. Children develop their knowledge and understanding of building, managing self and self-regulation through play and adults modelling and co-regulating feelings and emotions.</p>	<p>At HPS, assessment in PSHE is both formative and summative. The clear learning objectives for each lesson allow the teacher to be mindful of the assessment within that session that can formatively help them pitch and plan subsequent lessons, and activities are included in each lesson to give the children the opportunity to self-assess using simple pictorial resources designed in a child-friendly, age-appropriate manner.</p> <p>To support teachers in tracking each child through the PSHE curriculum, there is a summative assessment at the end of each term. The teacher can then use a ‘best-fit’ approach to decide whether the child is working towards, working at or working above. This helps teachers flag up children who may need more support with emotional literacy or social skills development or knowledge in certain areas and they can be signposted to the school’s pastoral support systems as appropriate.</p>

**Our Curriculum follows our school values: service, gratitude, excellence, compassion, integrity, respect**