

Aston Rowant C†E Primary School

WHAT PSHE LOOKS LIKE AT ASTON ROWANT

Growing together, rooted in God, having fullness of life.

Colossians 2:1-7



Vision: Aston Rowant community will be courageous life-long learners, who are rooted in God, living our Christian values and enjoying life in all its fullness.

Mission: Growing together and inspiring one another through our Christian values and a broad enriched curriculum.

G	GRATITUDE
R	RESILIENCE
O	OUTREACH
W	WONDER
T	TRUST
H	HARMONY

Grateful Our attitude to learning shows that we appreciate the breadth of opportunities that we have to learn inside and outside of the classroom with our resources and surroundings.

Resilient We cultivate a growth mindset from the perspective of building courage, encourage failure by modelling it and showing how to reframe events in a positive light, so children are willing to try new things whilst embracing failure and the opportunities it brings. Let the children learn to have control over their own actions, including trying again if they don't succeed.

Outreach Children will leave Aston Rowant C†E Primary School with an enthusiasm and thirst for learning that continues for the next stage of education and enables the children to live life to its fullness.

Wonder We generate curiosity and wonder about what we teach and allow it to take hold into something that becomes a passion for lifelong learning for all of our children. We openly involve them in their learning by meeting them where they are and then showing them where they can go exploring their interests, expanding upon their ideas, and engaging them in meaningful dialogue which encourages them to fully engage with owning and developing their own learning.

Trust We will develop our children into independent learners to empower them to take control of their own learning – both inside the classroom. Teachers trust that our pedagogical approach cultivates independent habits of mind in the children we teach and the children themselves trust their foundation and values to explore the truths of the world for themselves.

Harmonious The whole school team will grow together, sharing our knowledge, understanding and experience. We will question, encourage and support one another on our learning journey.

RATIONALE

Curriculum Overview

PSHE at Aston Rowant is a central part of a broad, balanced and values-driven curriculum. It plays a vital role in supporting pupils' personal development, wellbeing and preparation for life in modern Britain. Through a carefully sequenced programme, pupils develop the knowledge, skills and attitudes needed to build positive relationships, maintain physical and mental wellbeing, manage risk and change, and understand their responsibilities within society. Delivered through the Kapow PSHE scheme and enriched by real-life experiences, visitors and practical opportunities, PSHE ensures pupils are confident, resilient, reflective and well prepared for the next stage of education and life beyond school.

Intent

The intent of the PSHE curriculum at Aston Rowant is to ensure that all pupils develop into healthy, safe, respectful and responsible individuals, equipped with the skills and understanding they need to thrive both personally and socially.

Our PSHE curriculum aims to:

- Support pupils' emotional wellbeing, resilience and self-regulation
- Develop positive, respectful relationships and understanding of diversity
- Teach pupils how to keep themselves and others safe, including online and in real-world contexts
- Prepare pupils for economic wellbeing, enterprise and future careers
- Foster a strong sense of citizenship, responsibility and community engagement

PSHE reflects our school values and ensures pupils are supported to understand themselves, respect others and engage confidently with the wider world.

Implementation

PSHE is taught regularly using the Kapow Primary PSHE scheme, which is organised into five core areas that are revisited and built upon each year in Key Stages 1 and 2:

- Families and relationships
- Health and wellbeing
- Safety and the changing body
- Citizenship
- Economic wellbeing

In EYFS, PSHE is delivered through *Personal, Social and Emotional Development (PSED)*, with a focus on:

- Self-regulation
- Managing self
- Building relationships

Lessons are age-appropriate, inclusive and discussion-based, providing safe spaces for pupils to explore sensitive topics. Teaching approaches include role-play, scenarios, group discussion, reflection and collaborative tasks.

Impact

As a result of the PSHE curriculum at Aston Rowant, pupils:

- Develop positive relationships and show respect for difference
- Demonstrate emotional literacy, resilience and self-confidence
- Understand how to keep themselves safe, including online and in emergencies
- Show awareness of rights, responsibilities and citizenship
- Develop early enterprise, financial awareness and career aspirations

Pupils can talk confidently about their learning, apply strategies in real-life situations and demonstrate empathy, responsibility and reflective thinking. They are well prepared for the next stage of education and for life beyond school.

PSHE makes a significant contribution to pupils' personal development, supporting safeguarding, wellbeing and the development of confident, responsible and compassionate young people.

GRATITUDE

PSHE at our school fosters Gratitude by helping pupils recognise the value of themselves, others and the support systems around them. Through the Kapow PSHE scheme, pupils learn to appreciate relationships, health, safety and the opportunities available to them.

In EYFS, pupils develop gratitude through Personal, Social and Emotional Development, learning to recognise emotions, build relationships and manage themselves. In KSI and KS2, pupils explore themes such as Families and Relationships and Health and Wellbeing, reflecting on what keeps them safe, happy and supported.

Visitors such as paramedics, the fire brigade and the police help pupils appreciate the roles people play in keeping communities safe. Pupils demonstrate gratitude through respectful engagement, thoughtful questioning and reflection on how others help them in everyday life.

As a result, pupils develop appreciation for relationships, community roles and personal wellbeing. PSHE contributes strongly to pupils' personal development by fostering thankfulness, respect and empathy.

RESILIENCE

PSHE develops Resilience by equipping pupils with the skills needed to manage emotions, overcome challenges and respond positively to change. Through Kapow units such as Health and Wellbeing and Safety and the Changing Body, pupils learn strategies to cope with setbacks and build confidence.

In EYFS, pupils focus on self-regulation and managing self, learning to identify feelings and develop independence. In KS1 and KS2, pupils explore topics such as mental wellbeing, managing friendships, dealing with worries and understanding physical and emotional change.

In KS2, pupils are taught basic first aid, giving them practical skills and confidence to respond in emergencies. Specialist talks on water safety and drowning, along with visits from the canal safety team, further support pupils in learning how to stay calm and act responsibly in risky situations.

As a result, pupils demonstrate increased confidence, emotional awareness and perseverance. PSHE supports pupils' personal development by building resilience, self-management and emotional strength.

OUTREACH

PSHE supports Outreach by helping pupils understand their role within the wider community and society. Through Kapow units on Citizenship and Economic Wellbeing, pupils learn about rights, responsibilities and how they can contribute positively.

Pupils engage with the wider world through community visitors, including emergency services and specialists, helping them understand different roles and responsibilities. Learning is further enriched through careers events, including internal careers fairs and the Primary Schools Step Up programme, which introduces pupils to the world of work and future pathways.

In KS2, pupils participate in Young Enterprise, designing and creating products to sell at the summer or Christmas fayre. This provides real-life experience of teamwork, budgeting, decision-making and enterprise, helping pupils understand how economic activity impacts communities.

As a result, pupils develop confidence, aspiration and an understanding of their place in society. PSHE supports pupils' personal development by encouraging engagement, responsibility and outward-looking citizenship.

WONDER

PSHE nurtures Wonder by encouraging pupils to ask questions about themselves, others and the world around them. Lessons provide safe spaces for curiosity, discussion and reflection.

Pupils explore thought-provoking topics such as relationships, personal identity, health choices and future aspirations. Visitors and enrichment activities often spark curiosity, helping pupils to explore real-life situations and careers with interest and enthusiasm.

Pupils demonstrate Wonder through thoughtful questions, curiosity about the world of work and growing interest in how people and communities function.

As a result, pupils develop curiosity, reflection and a deeper understanding of themselves and others. PSHE supports pupils' personal development by fostering thoughtful enquiry and self-awareness.

TRUST

PSHE supports the value of Trust by creating a safe, respectful environment where pupils feel confident to share ideas, ask questions and seek help. Pupils are taught to trust themselves to make positive choices and to trust trusted adults when they need support.

Through Kapow units on Safety and the Changing Body, pupils learn about boundaries, personal safety and how to recognise unsafe situations. Online safety, consent and respectful relationships are taught in age-appropriate ways.

Teachers model respectful discussion and confidentiality, helping pupils trust the learning process. Pupils learn to trust information, seek advice and act responsibly.

As a result, pupils become confident, informed and reflective individuals. PSHE contributes strongly to pupils' personal development by fostering self-belief, responsibility and trust.

HARMONIOUS

PSHE promotes Harmony by helping pupils build positive relationships and understand the importance of respect, cooperation and inclusion. Through Kapow units on Families and Relationships and Citizenship, pupils learn how to communicate effectively and resolve conflict.

Collaborative activities, role-play and discussion help pupils practise listening, empathy and teamwork. Enterprise projects and group challenges encourage cooperation and shared responsibility.

PSHE lessons promote respect for difference, helping pupils value diversity and build inclusive attitudes.

As a result, pupils demonstrate positive relationships, respectful behaviour and a strong sense of community. PSHE supports pupils' personal development by fostering harmony, inclusion and shared responsibility.