

Curriculum Statement for PSHE

Curriculum aims

At Vanguard School, the PSHE curriculum is designed with a clear purpose to ensure that students:

- Develop character skills: help students develop skills like decision making, communication, and self-regulation
- Promote positive attitudes: encourage students to respect others and their values, and to develop positive attitudes.
- Build health and well-being knowledge: help students understand their mental and physical health, and how to cope with the changes of puberty.
- Prepare for later life: prepare students for the responsibilities and experiences of later life.
- Develop confidence: help students build confidence, resilience, and self-esteem
- Learn to identify and manage risk: Help students learn to make informed decisions.
- Learn to communicate when unsafe: help students to identify situations that are unsafe and how to navigate through them.
- Develop a growth mindset: help students to build resilience, independence and confidence.

How we teach PSHE

Our approach to teaching PSHE is through:

- A sequenced and spiral curriculum that builds on prior learning as students progress through school
- A minimum of one hour for each class on the PSHE curriculum
- Responding to the needs of the students through identified safeguarding logs and trends
- Assessing prior knowledge and misconceptions where students are with regards to topics covered
- Take a positive approach and avoid guilt, shock or shame in delivery
- Provide relevant information and further support for the topics covered
- Encourage reflection on students learning and how they can apply what they have learned in their lives
- Create a safe environment where students feel comfortable and not needing to participate if a student does not want to
- Use a variety of teaching styles, with interactive learning and encourage participation.

Specific resources and schemes

At Vanguard school we support the teaching of PSHE with the use of:

- primary and secondary sources
- external speakers and workshops