



REDHILL SCHOOL

COMMITMENT TO EXCELLENCE

PSHE

(Personal Social and Health education)

PSHE intends to develop the knowledge, skills and attributes that pupils need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, while preparing them to make the most of life and work. Pupils will become positive, healthy individuals whilst at Redhill and in later life.

Pupils will be taught essential skills such as resilience, self-control and self-regulation. They are encouraged to develop a healthy concept of self, realistic self-image, self-worth and assertiveness. They are shown how to, and explore the importance of, developing empathy and compassion, a respect for others and valuing and respecting diversity. They will learn how to assess risk, make decisions, critically analyse and form their own values and principles. Pupils will develop their employability and explore careers in preparation for the next stage in their lives. They will be confident at navigating relationships on and offline, ensuring that they are happy, successful, and safe.

The PSHE curriculum is spiral. Pupils will develop their knowledge and skills in topics as they move through the Key Stages. Previous knowledge from earlier years will be required for building on future learning and a deeper understanding of certain issues.

The PSHE curriculum at Redhill is extremely ambitious as it goes beyond covering what is statutory to ensure that age-appropriate content is taught at a time right for our pupils in our local context, addressing the issues that affect them personally.

PSHE throughout all year groups focusses on the themes of:

Relationships and Sex Education

The Wider World

Health and well-being.

In KS3 PSHE is taught twice a week. In KS4 the subject is delivered once a week.