



## PSHE Key stage 3 and 4

### Intent

At our school for Key Stage 3 and 4 students, our Personal, Social, Health and Economic (PSHE) education program is designed to equip students with vital life skills and the understanding necessary for their emotional, social, and academic development. Our intent is to create a safe and nurturing environment that fosters personal growth, encourages independence, and promotes positive mental health.

Our PSHE curriculum is underpinned by the following key pillars:

1. **Self-awareness and Emotional Well-being:** We aim to help students recognize and manage their individual emotions, taking into account their unique backgrounds and experiences to enhance resilience and coping strategies.
2. **Social Skills and Relationships:** By focusing on building healthy relationships, we prepare students to engage positively with peers, staff, and the wider community, while being mindful of individual social challenges.
3. **Health Education:** We provide students with essential knowledge regarding physical and mental health, ensuring that lessons are tailored to meet diverse needs and encourage informed lifestyle choices.
4. **Economic Understanding:** Our program equips students with an understanding of financial literacy and the skills necessary for future economic well-being, with content personalized to their immediate contexts and aspirations.
5. **Citizenship and Community Engagement:** We prepare students to become active, responsible citizens who contribute positively to society, encouraging them to explore how their individual actions can impact their communities.

### Implementation

Our PSHE curriculum is devised using a spiral approach, integrating key themes across different year groups to ensure continuity and depth of understanding. We utilize a variety of engaging teaching strategies to cater to diverse and individual learning needs, including:

1. **Individualized Learning Plans:** Each student is assessed individually to identify their unique needs and challenges. Based on this assessment, personalized learning objectives are set to ensure that content and delivery are relevant and accessible.
2. **Interactive Workshops:** We incorporate role-playing, group discussions, and practical activities that consider individual student backgrounds and experiences to encourage active participation and peer learning.
3. **Guest Speakers and External Experts:** We invite professionals from various fields—health, finance, and community work—to share insights and experiences that resonate with our students' individual circumstances.
4. **Tailored Support:** Recognizing the unique backgrounds of our students, we offer personalized interventions and one-to-one mentoring, addressing specific challenges and promoting personal growth in a student-centered manner.

5. Integration with Wider Curriculum: PSHE is interwoven with other subjects, allowing students to contextualize their learning and apply it in real-world situations, while adapting to their individual interests and motivations.

We maintain rigorous assessment and monitoring processes to evaluate individual student progress and engagement, ensuring that the curriculum remains relevant and responsive to their needs.

### **Impact**

The effectiveness of our PSHE program is evident through various measurable outcomes:

1. Improved Emotional Resilience: Regular surveys and student feedback indicate a marked increase in individual students' ability to manage emotions, with many reporting enhanced coping strategies and self-regulation tailored to their needs.
2. Stronger Relationships: Observations show improved interactions among students, leading to a more cohesive and supportive learning environment that respects and values individual contributions.
3. Informed Decision-Making: Students demonstrate a better understanding of health-related issues, evidenced by their ability to articulate the importance of healthy lifestyles in ways that reflect their individual experiences and contexts.

In summary, our PSHE program is integral to the holistic development of our students and instrumental in equipping them with the skills necessary for success in contemporary society. With a focus on individualized needs and continuous improvement, we remain dedicated to refining our practices to meet the evolving challenges of our students, ensuring that they leave the PRU prepared for future endeavours.