



SUBJECT ON A PAGE FOR PSHE

Purpose of PSHE

At Belmont our PSHE/RSE curriculum aims to help pupils develop the knowledge, skills and attributes they need to lead confident, healthy and fulfilling lives. The intention is for pupils to understand themselves and others, form positive relationships and make informed choices that support their wellbeing and the wellbeing of those around them.

The curriculum encourages pupils to think with empathy, integrity and self-awareness, recognising how their actions and attitudes contribute to their communities. It supports them in developing respect for diversity, managing change and understanding their rights and responsibilities as citizens.

The curriculum is designed to build a strong foundation for safeguarding, preparing pupils to navigate an increasingly complex world with confidence and care. Lessons promote emotional literacy, resilience and a sense of personal agency, helping pupils to approach life's challenges with maturity and compassion.

Curriculum Overview

From Reception to Year 6, we follow the Kapow scheme of learning. Learning builds progressively across five key areas: Family and relationships, Health and wellbeing, Safety and the changing body, Citizenship and Economic wellbeing, with an additional focus on Identity in Year 6. The carefully sequenced Kapow curriculum ensures that pupils build on prior learning, allowing them to develop deeper understanding and retain key knowledge over time. Pupils develop both knowledge and personal skills, enabling them to apply their understanding in real-life situations.

Key concepts and knowledge are revisited with increasing depth and maturity, enabling pupils to consolidate prior learning and develop the confidence, understanding and personal attributes they need by the end of each phase. British Values and the Protected characteristics are met throughout each unit of learning and opportunities to meet these are planned into precise lessons that fit the purpose.

Teaching and Learning

At the start of each unit, children complete a *Pre-Learning Assessment* so teachers can assess prior understanding and plan effectively. At the end of the unit, pupils will complete the assessment again, to demonstrate their progress in understanding over the course of a unit.

Lesson Structure

Recap and recall

Each RSE & PSHE lesson begins with a short activity revisiting prior learning. This helps reinforce key knowledge, activate long-term memory and create connections between past and new learning. Recap and recall activities are varied to keep the start of the lesson engaging and fun while still supporting active recall.

Attention grabber

A short, engaging activity designed to hook pupils into the new learning in the lesson. This could be a thought-provoking question, a quick investigation or an interactive discussion to spark curiosity and enthusiasm for the topic.

Main event

The core part of the lesson, where pupils engage in activities that develop their understanding of the learning objective. This includes a mixture of teacher modelling, guided practice and independent or collaborative tasks tailored to support all learners.

Wrapping up

A final reflective activity that consolidates learning. This could involve reviewing the success criteria, discussing key learning or applying knowledge in a different context to assess understanding and encourage deeper thinking.

Outcomes for Pupils

PSHE/RSE provision at Belmont is regularly reviewed through work scrutiny and pupil voice. Children will be confident in explaining their learning and show an age-appropriate understanding of the content they have covered.

We expect children to demonstrate their learning and provide tangible evidence of progress through a variety of activities, including structured written work, diagrams and creative responses. Pre and post assessments in each unit will also show a clear progression in pupils understanding. Written outcomes and pupil voice show engagement, understanding and the ability to recall knowledge.

Our pupils will also have an understanding of British values and protected characteristics to an age appropriate level and will also be able to explain where they have experienced some of the British Values in school, such as democracy through pupil parliament voting, rule of law through the Belmont Way and Individual Liberty through pupil voice opportunities.

Pupils develop as empathetic, respectful and self-aware individuals who understand how their actions impact others. They are prepared for life beyond Belmont, demonstrating emotional literacy, resilience and compassion in a range of contexts.

