



Moor First School

Personal, Social, Health Education and Citizenship

'Together we unlock potential and learn for life.'

Intent

At Moor First School, Personal, Social, Health Education and Citizenship (PSHE) is at the heart of our curriculum and underpins our whole-school approach to developing confident, resilient and well-rounded individuals.

In line with our vision, *"Together we unlock potential and learn for life"*, our PSHE curriculum is designed to equip pupils with the knowledge, skills and attributes they need to successfully navigate life in modern Britain and the wider world, including the challenges of the digital and virtual environment.

Through a carefully sequenced and ambitious curriculum, we aim to:

- Promote mental health, wellbeing and resilience
- Develop pupils' ability to make safe, informed and responsible choices
- Support positive relationships, respect and inclusion

- Prepare pupils to become active, responsible citizens

Our curriculum enables pupils to:

- Understand and manage their emotions and relationships
- Make informed decisions about their health, safety and wellbeing
- Develop awareness of economic wellbeing and future aspirations
- Show respect for diversity, equality and individual differences

PSHE contributes significantly to pupils' cultural capital, helping them understand:

- The diversity of modern British society
- Their rights and responsibilities
- The importance of British Values: Democracy, Rule of Law, Individual Liberty, Respect and Tolerance

To ensure progression and high expectations, learning is structured through:

- Beginning – introducing key concepts, vocabulary and personal understanding
- Advanced – applying knowledge in a range of contexts
- Deepening – reflecting, evaluating and making informed decisions

Our PSHE curriculum follows a spiral model, where key themes such as relationships, wellbeing, safety and citizenship are revisited across year groups with increasing depth and complexity. This ensures pupils:

- Build on prior knowledge
- Strengthen understanding through regular revisiting and retrieval

Develop increasingly mature and thoughtful responses.

Implementation

Curriculum Structure and Progression

At Moor First, PSHE is delivered through the Kapow Primary PSHE and RSE scheme, ensuring a consistent, high-quality approach across the school.

The curriculum is structured around five key areas:

- Families and Relationships
- Health and Wellbeing
- Safety and the Changing Body
- Citizenship
- Economic Wellbeing

These strands are revisited through a two-year rolling programme in mixed-age classes (Years 1–2 and Years 3–4), ensuring:

- Full statutory coverage of Relationships and Health Education
- Clear progression in knowledge, skills and understanding
- Consistent development despite mixed-age teaching

In EYFS, PSHE is delivered through Personal, Social and Emotional Development (PSED), with Kapow materials used to enhance provision and support early foundations.

Spiral Curriculum (Kapow Approach)

Kapow's PSHE scheme is structured as a spiral curriculum, where:

- Key knowledge and concepts are revisited regularly
- Learning is built upon year-on-year with increasing sophistication

- Pupils apply previous learning to new and more complex situations

This approach ensures:

- Secure knowledge retention over time
- Opportunities for pupils to reflect and deepen understanding

Development of independence, confidence and critical thinking.

Teaching and Learning Approach

Teaching follows Moor First's research-informed pedagogy, including:

Rosenshine's Principles of Instruction:

- Regular review and retrieval of prior learning
- Learning broken into small, manageable steps
- Structured questioning and discussion
- Frequent checks for understanding

The 'I do, We do, You do' model:

- Teacher modelling of key concepts
- Guided discussion and shared exploration
- Independent reflection and application

Lessons are discussion-based and reflective, enabling pupils to:

- Develop oracy skills
- Express opinions confidently

- Listen respectfully to others

Inclusion, Equality and Personal Development

The PSHE curriculum is inclusive and supports all pupils:

- Learning is carefully scaffolded and adapted
- Pupils explore diverse families, communities and identities
- Teaching reflects the Equality Act, including protected characteristics

Pupils are supported to:

- Respect differences and challenge stereotypes
- Build self-esteem and confidence
- Develop empathy and understanding of others

Wider Curriculum and Enrichment

PSHE extends beyond discrete lessons and is embedded across school life through:

- Assemblies focusing on values, wellbeing and current themes
- Opportunities for pupil voice and leadership
- Whole-school promotion of positive relationships and behaviour

This ensures pupils experience PSHE as a real, lived curriculum, not just a taught subject.

Assessment and Retention

Assessment is ongoing and aligned with whole-school practice:

- Informal assessment for learning through discussion and reflection
- Opportunities for pupils to demonstrate understanding verbally and practically
- Retrieval opportunities to support long-term retention

This ensures learning is secure, meaningful and transferable to real-life situations.

Impact:

The impact of our PSHE curriculum is that pupils leave Moor First as confident, respectful and resilient individuals, well-prepared for the next stage of their education and life beyond school.

Pupils will:

- Demonstrate a strong understanding of health, wellbeing and relationships
- Make informed, safe and responsible choices
- Show respect and tolerance towards others
- Understand their role as active citizens in modern Britain
- Know how and where to seek help when needed

They will also develop key life skills, including:

- Resilience and self-regulation
- Communication and collaboration
- Decision-making and responsibility
- Empathy and respect for others

Evidence of impact is seen through pupils' discussions, responses and behaviours, demonstrating their ability to apply learning in real-life contexts. Ultimately, our PSHE curriculum ensures pupils are happy, healthy and equipped for life, with the knowledge, skills and attitudes needed to thrive in an ever-changing world.

