



St Teresa's Catholic Primary School Personal Development



Intent

Personal Development is a crucial part of every child's education. Personal Development in our school includes PSHE (Personal, Social, Health and Economic), RSE (Relationships and Sex Education), Online Safety and British Values. It gives children access to critical information about themselves and diverse world around them. At St Teresa's Catholic Primary School we provide a specifically tailored curriculum that is both broad and balanced, and meets the context of our school. We give our pupils access to ideas and conversations, alongside practical experiences.

We aim to develop key character skills, including decision making, informed risk taking and self-regulation strategies. At St Teresa's we encourage the exploration of values held by different cultures and groups within our local community, and promote the development of positive attitudes within our PSHE lessons. We encourage honesty and respect in all relationships, and nurture sensitivity to the needs and feelings of others.

We aim to enable children to develop a deepening knowledge of their health and wellbeing, including their mental and physical health. We aim to equip children and young people with information, skills and values to understand and to be able to cope with the physical and emotional changes that happen during puberty, this is taught during RSE lessons. The information that the children learn is relevant and appropriate to the age and maturity of pupils.

How this is implemented at St Teresa's

We follow the 'Life to the Full' curriculum from Ten-Ten Resources. This curriculum covers Reception to Year 6 and works in age phases- EYFS, Year 1/2, Year 3/4 and Year 4/5. It is a spiral curriculum which progresses through the age phases.

Some PSHE topics are taught within other subjects, especially through Religious Education and Computing for example the teaching of online safety within Computing lessons. The PSHE curriculum is split into key themes – Created and Loved by God, Created to Love Others and Created to Live in Community. These three themes have equal weighting and importance within teaching, and topics are taught on a rolling, spiral basis. Topics are revisited across year groups, and understanding is deepened. This allows for progression and retention of key skills and knowledge, and also the introduction of some concepts at an age-appropriate point.

PSHE education will be provided to all children within our school. Children with SEND will be supported to access health, relationships and sex education through high-quality teaching, following the guidance. Teaching will be differentiated and personalised to suit their individual context.

Impact

The impact of a good Personal Development education cannot be understated. It forms the preparation for adult life, enabling a child to understand and face the challenges and questions that arise in our world. Impact can be measured in a variety of ways. At St Teresa's, we recognise and celebrate the importance of

the child's voice, and their individual experience of PSHE education. Pupil voice, displays and written work will form the heart of how we measure the impact of our teaching.

The skills that pupils at St Teresa's will develop will include, but are not limited to:

- An understanding of their rights, and how these rights can and should be protected
- An understanding of our diverse and complex world, and an empathy and respect for the rights of all individuals
- Positive and constructive communication, with highly developed skills
- Resilience and self-regulation, and a keen understanding of their own health and wellbeing, especially supporting their mental and emotional development

Personal Development in action

