



PHSE Policy

This policy should be read alongside Peak School’s Safeguarding Policy, Anti Bullying policy, Relationships and Sex Education Policy, Careers Education, information, advice and guidance policy and Spiritual, Moral, Social and Cultural Development Policy

PHSE is fundamental element of the curriculum at Peak School, as it helps to prepare pupils for their lives in the wider world beyond Peak. The PHSE scheme addresses knowledge and skills in 3 core themes: *Health and Wellbeing; Relationships; Living in the wider world.*

PHSE at Peak School

For pupils not accessing subject specific learning PHSE is woven throughout the curriculum and embedded within a holistic approach ensuring pupils have a range of real experiences on which to hang their knowledge and understanding, and make it meaningful and relevant for them. These pupils will need to access content that is developmentally appropriate for them alongside age specific content in order to prepare them for their adult life and keep them safe.

For pupils accessing subject specific learning PHSE is taught as a discrete, timetabled subject on a weekly basis following the school scheme adapted from the [PHSE Association framework for pupils with SEND](#) and the [SoSafe Program](#)

This framework accompanies [PSHE Association Programme of Study for PSHE education](#) and is fully aligned with the [Statutory Guidance for Relationships Education, Relationships and Sex Education \(RSE\) and Health Education](#) from the Department for Education (DfE). The content grids from this statutory guidance has been mapped to the Planning Framework, and learning outcomes adapted appropriately in cases where statutory content may not be accessible for pupils with SEND.

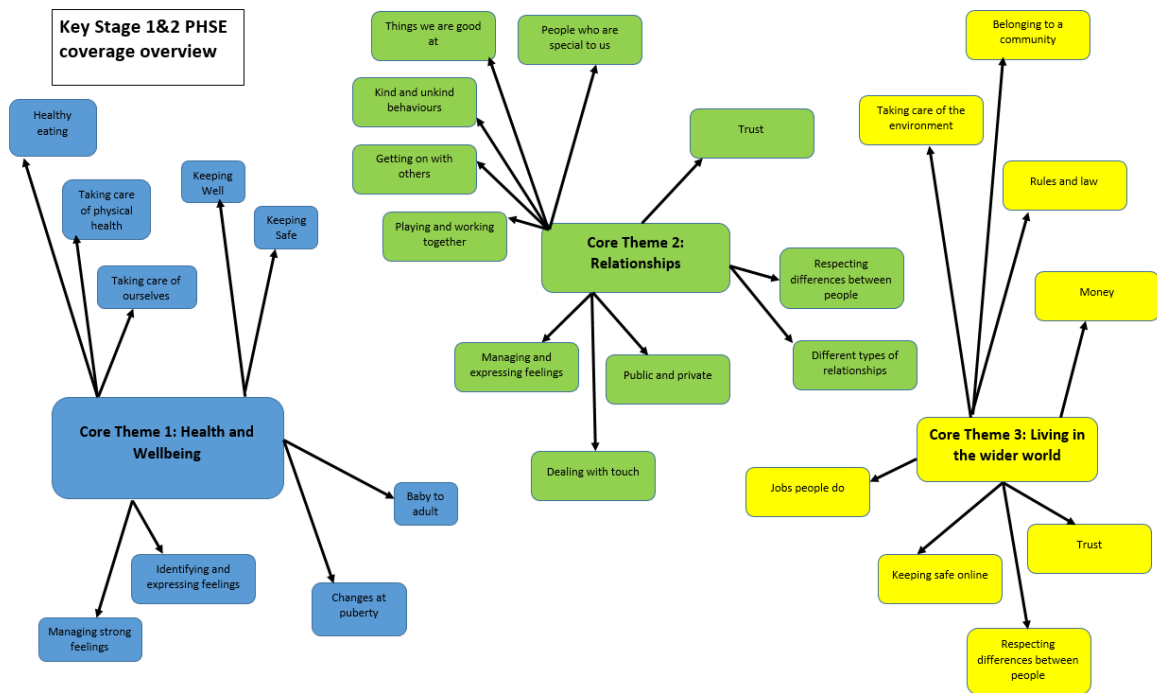
This Framework also supports schools to provide a comprehensive PSHE programme that integrates, but is not limited to, this new statutory content. ‘**The World I Live In**’ section covers aspects of PSHE relating to careers education, economic wellbeing, personal safety (including assessing and managing risk) and preparing for adulthood. Though not yet a statutory part of PSHE education, this learning is critical to support different levels of independence that pupils with SEND may have, as well as helping schools to meet the [Gatsby Benchmarks](#) for careers education as part of the [DfE Careers Strategy](#). The Framework covers all of this while supporting you to plan, assess, monitor and evidence progress and achievement in your pupils’ PSHE education.

Overall aims for PHSE at KS1&2

Health and Wellbeing	Relationships	Living in the wider world
<ul style="list-style-type: none"> - To develop an understanding of healthy lifestyles - Developing an understanding of feeling and how to manage them - To develop an understanding of changes linked to puberty - To develop an understanding of how to care take of themselves 	<ul style="list-style-type: none"> - To develop and maintain positive and trusting relationships - To develop an understanding of different types of relationships - To developing an understanding of feeling and how to manage them - To understanding public and private 	<ul style="list-style-type: none"> - To develop an understanding and respect differences between people - To develop an understanding of trust - To develop an understanding of the different jobs people do - To develop an understanding of belonging to a community - To develop an understanding of rules and law

	<ul style="list-style-type: none"> - To develop an understanding and respect differences between people - To develop and understanding of trust 	<ul style="list-style-type: none"> - To develop an understanding of keeping safe online - To develop an understanding of money, it uses and budgeting
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PHSE topic coverage KS1&2

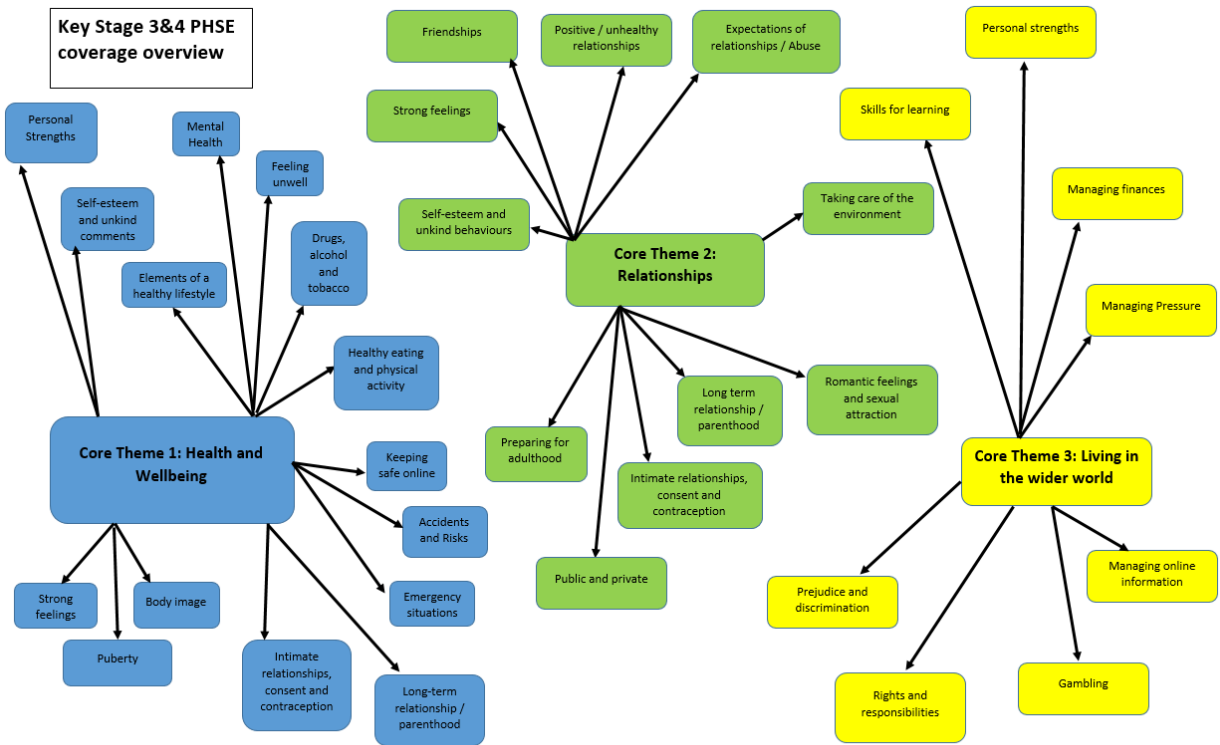


Overall aims for PHSE at KS3&4

Health and Wellbeing	Relationships	Living in the wider world
<ul style="list-style-type: none"> - To develop self-esteem and positive self-image - To develop an understanding of accidents and risk to keep themselves safe - To consolidate and further develop understanding of puberty - To consolidate and further develop understanding of healthy lifestyles - To develop an understanding of mental health and develop strategies to maintain positive mental health - To consolidate and further develop strategies for managing feelings 	<ul style="list-style-type: none"> - To develop and maintain friendships - To develop an understanding and expectations of positive and unhealthy relationships including abuse - To develop an understanding of romantic feelings and sexual attraction - To develop an understanding of human diversity - To consolidate and further develop an understanding of public and private to help keep themselves safe - To support in preparing for adulthood and life after Peak School 	<ul style="list-style-type: none"> - To develop an understanding of prejudice and discrimination - Develop an understanding and ability to manage finances - To develop an understanding of their rights and responsibilities - To develop the ability to manage pressure - To develop an understanding and strategies for managing online information to keep themselves safe - To develop an understanding and awareness of gambling to keep themselves safe

- To develop an understanding of long term relationships (including parenthood)

PHSE topic coverage KS3&4



The aims and coverage for PHSE will be addressed through the programmes of study for both KS1&2 and KS3&4. These programmes of study set out the themes for each half term across a 4 year (KS2&2) and 5 year (KS3&4) cycle ensuring each topic is visited at least twice during these cycles ensuring learning is revisited and built upon.

Review Date: April 2025