



## *Growing Together* in PSHE

At Spenn School, we passionately believe in the development of the whole child and the value of **family**, showing **care, respect, honesty and responsibility** with **courage**. PSHE is a key subject in promoting children's social and emotional growth.

### Intent

At Spenn Church of England School, PSHE sits at the core of everything we do. It enables our children to become independent, confident, healthy and responsible members of society, whilst developing the whole child intellectually, morally, socially and spiritually. Through our whole-school approach to PSHE, we believe that excellence in these areas leads to excellence across the curriculum and beyond, into later life.

PSHE is taught across the school from Reception to Year 2 on a weekly basis. As a school, we follow the Muse Wellbeing PSHE programme. Our PSHE curriculum equips children with relevant and meaningful content, supported by a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. In an ever-changing society, we aim to provide our children with a strong understanding of the diverse world around them and support them in playing a positive role within the school and the wider community.

Weaving through the heart of our PSHE teaching is a commitment to enhancing and promoting our core Christian Values: Community, Honesty, Respect, Courage, Compassion and Responsibility.

### Implementation

We follow the Muse Wellbeing scheme of work, which brings together emotional literacy, social skills and spiritual development. Teaching strategies are varied to engage children, and lessons are designed to facilitate our nurturing ethos. We model our values of courage and respect, encouraging children to express their thoughts and views through open-ended discussion, reflection and creative activity.

Muse Wellbeing is built around three termly topics that progress in sequence across each year:

- Term 1: Health and Wellbeing — physical and mental health, emotions, self-care, healthy habits and growing bodies
- Term 2: Understanding Relationships — friendships, families, online safety, empathy, communication and personal boundaries

- Term 3: The World Around Us — community, citizenship, the environment, global awareness and personal responsibility

All learning is underpinned by the five Muse Core Values, which provide a consistent framework for whole-school wellbeing:

1	<b>Mental &amp; Physical Health</b>
2	<b>Positive &amp; Respectful Relationships</b>
3	<b>Global Citizenship &amp; Community Care</b>
4	<b>Personal Growth &amp; Economic Wellbeing</b>
5	<b>Digital Citizenship &amp; Online Safety</b>

Lessons have two areas of focus: one based on specific PSHE and RSHE content (covering the non-statutory national framework for PSHE Education and the statutory Relationships and Health Education guidance aligned to the DfE 2025 RSHE requirements); and one focused on emotional literacy and social skills development to enhance children's emotional and mental health.

Each lesson includes a clear starter, class discussions and independent learning activities, supported by slides, guidance notes and printable resources. Although topics are planned for specific terms, there is flexibility to adapt them if children have a specific need that the school feels should be addressed.

Muse Wellbeing develops the 'whole child' through a spiral curriculum, revisiting key concepts with greater depth as pupils grow, ensuring continuity and measurable progress across all year groups.

## Impact

Through our PSHE curriculum, our pupils:

- become more reflective, resilient and independent learners during their time at Speen School
- have confidence in themselves and respect for others
- develop positive and healthy relationships with their peers

- have knowledge and understanding of healthy lifestyles
- are thoughtful and respectful members of the school family, equipped to make positive choices within day-to-day life
- understand the physical and emotional aspects within RSHE at an age-appropriate level
- have an understanding of how to keep themselves safe physically, mentally and technologically

## Curriculum Overview

The table below shows how Muse Wellbeing's three termly topics are delivered across EYFS and KS1:

	Term 1: Health & Wellbeing	Term 2: Understanding Relationships	Term 3: The World Around Us
<b>EYFS</b>	Physical health & hygiene Recognising emotions Self-care routines Healthy habits and rest Understanding how bodies change	Families and home life Making and keeping friends Kindness and care Personal boundaries Trusted adults	Our school community Caring for the environment Similarities & differences Belonging and identity Growing and changing
<b>KS1 Year A (Year 1)</b>	Mental health awareness Healthy lifestyle choices Keeping clean and safe Medicine and household safety Road safety Feelings and self-worth	Friendships and belonging Qualities of a good friend Family relationships Physical contact and boundaries People who help us Celebrating relationships	Our school and community Rights and responsibilities Understanding differences Challenging stereotypes Life cycles and growth Transitions and change
<b>KS1 Year B (Year 2)</b>	Healthy eating and nutrition Motivating healthy choices Relaxation and rest Body awareness and puberty (intro) Emotional wellbeing Managing worry and anxiety	Different types of families Friendship and conflict Secrets and trust Online relationships and safety Appreciation and gratitude Assertiveness and boundaries	Global citizenship Community and belonging Caring for our environment Personal growth and independence Economic awareness Preparing for transitions

