

Health and Well-Being at Grange Lane Infant Academy

This document shows what we want our Health and Well-Being curriculum to give our children (intent), how we will do this (implementation) and the effect this has on our children (impact). The Health and Well-Being curriculum includes Physical Education (PE), Personal, Social, Health and Emotional Education (PSHE) and Relationships and Sex Education (RSE).

Physical Education

Intent:

- The intent of our PE curriculum is to deliver a curriculum which is accessible to all and that will maximise the development of every child's ability and achievement in the area of PE. It will enable children to know more about physical activity, staying healthy, participating in competition and the range of sports available. Our curriculum is built on a progression of skills and knowledge based on the Development Matters and the National Curriculum. The skills and knowledge are built upon in each year group based on the needs of the children, ensuring we build on what has been taught before and working towards defined end points. The vocabulary of Physical Education is taught at an age appropriate level and is expected where relevant. Our curriculum also intends to teach children life skills and knowledge which will positively impact on their future. We intend to equip our children with the understanding of how to use these skills effectively to have a positive impact upon their own physical activity, participation and healthy lifestyle when they leave us. Our curriculum will also give children the skills to cooperate and collaborate with others, be part of a team, understand fairness and equality of play to embed life-long British Values. We foster a love of Physical Education and will deliver it through high-quality teaching and learning opportunities that inspire all to succeed. We aim for these opportunities to allow our children to remember more about the physical activity

they take part in.

Personal, Social, Health and Emotional Education (PSHE)

Intent:

- The intent of our PSHE curriculum is to deliver a curriculum which is accessible to all and that will maximise the development of every child's ability and achievement in the area of PSHE. It will allow children to know more, remember more and understand more about themselves and their lives. It will enable our children to become healthy, independent and responsible members of society. Our curriculum along with the Jigsaw scheme of work aims to help children understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society alongside teaching of the British Values. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. Our curriculum is built on a progression of skills and knowledge based on the Development Matters and the National Curriculum. The skills and knowledge are built upon in each year group based on the needs of the children, ensuring we build on what has been taught before and working towards defined end points. The vocabulary of PSHE is taught at an age appropriate level and is expected where relevant. Our curriculum also intends to teach children life skills and knowledge which will positively impact on their future. We intend to equip our children with the understanding of how to use these skills effectively to have a positive impact upon their own personal, social, health and emotional skills. It is our intent that all children will be 'lifelong learners' with the

confidence and ability to develop their skills and understanding when having new experiences, meeting new challenges and finding themselves in unfamiliar situations.

Relationships and Sex Education (RSE)

Intent:

- The intent of our RSE curriculum is to equip children with the knowledge of how to create a happy and successful adult life and how to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. We aim for our curriculum to support children to develop resilience, to know how and when to ask for help, and to know where to access support. We provide high quality, evidence-based and age-appropriate teaching of these subjects to prepare children for the opportunities, responsibilities and experiences of adult life. This enables us to promote the spiritual, moral, social, cultural, mental and physical development of our children, at school and in society. We intend to work alongside parents through meetings and the use of The Big Talk to enhance our curriculum. We want parents to be informed about how we are teaching RSE. We intend to focus on the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. Our curriculum will also focus on respecting others, similarities and differences and online safety. The teaching of Relationships Education creates an opportunity to teach children about positive emotional and mental wellbeing, including how friendships can support mental wellbeing. Through Relationships Education (and RSE), we intend to teach pupils the knowledge they need to recognise

and to report abuse, including emotional, physical and sexual abuse by focusing on boundaries and privacy, ensuring children understand that they have rights over their own bodies. This also includes understanding boundaries in friendships with peers and also in families and with others, in all contexts, including online. We want our children to know how to report concerns and seek advice when they suspect or know that something is wrong and also to make sensible decisions to stay safe (including online).