

## PSHRE at Aspire



The purpose of the Aspire PSHRE curriculum is to provide a framework for high quality PSHRE education across phases, which is accessible to all and ensures that each of our pupils will develop the knowledge, skills and attributes they need to keep themselves healthy, safe and prepared for life and work. The aim is to ensure our pupils understand more about how to play a positive and successful role within our society, both as a child and as an adult within the future. It should have an impact on both academic and non-academic outcomes for pupils. The aim is for a holistic PSHRE learning journey spanning the pupil's school career, with a progressive, spiral curriculum that addresses real needs in a rapidly-changing world.

The curriculum throughout the school is based upon these 6 key areas.

Being me in my world	Includes understanding my place in the class, school and global community as well as devising Learning Charters.
Celebrating difference	Includes anti-bullying (cyber and homophobic bullying included) and diversity work.

Dreams and goals	Includes goal-setting, aspirations for yourself and the world and working together.
Healthy me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices.
Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills.
Changing me	Includes sex and relationships education in the context of coping positively with change. (includes age-appropriate sex education)

PSHRE does not have a summative assessment, however at Aspire Academy we are able to monitor students' progression through informal formative assessment within lessons and throughout the wider school day. Thrive assessments and achievement of individual IEP targets will also demonstrate progress.

We are extremely fortunate at Aspire Academy to have excellent relations and support from the local police, school nurses, CAMHS and Project 28, who routinely come and assist with aspects of the course. From drugs abuse to sexting, our pupils really benefit from the real-life examples and experiences that these visiting officers can bring to the classroom.

## KEY STAGES 1 & 2

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PSHRE is at the heart of the Primary Centre. It covers all aspects of the school's planned provision to promote pupils' personal and social development, including health and wellbeing. Pupils will learn to:-

- take more responsibility for themselves and become aware of the views, needs and rights of others.
- develop robust decision-making skills
- develop and maintain a healthy lifestyle.
- learn to cope with change.

## KEY STAGES 3 & 4

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At Key Stage 3, pupils build on the skills, attitudes, values, knowledge and understanding they have acquired and developed during the primary phase. PSHRE education acknowledges and addresses the changes that young people are experiencing, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the skills which will equip them for the opportunities and challenges of life. Pupils are encouraged to manage diverse relationships and the increasing influence of peers and the media. PSHRE education allows them to be more confident in addressing the challenges of effective learning and making a full and active contribution to society.

At Key Stage 4, pupils extend and rehearse the skills, further explore attitudes and values, and deepen knowledge and understanding acquired during Key Stage 3. PSHRE education reflects the fact that learners are moving towards an independent role in adult life, taking on greater responsibility for themselves and others.

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