

Implementation: PSHE & RSE at New Horizons Academy

Our PSHE & RSE curriculum is delivered through a blend of structured, thematic learning and highly responsive, individualised sessions. This ensures that while we meet statutory requirements, we also address the immediate, lived experiences and needs of our pupils.

We utilise the Pol-Ed scheme to provide a clear, age-appropriate foundation for understanding the law, relationships, wellbeing, personal safety, and citizenship.

- **Structured Delivery:** Pol-Ed resources are used to lead twice weekly sessions that explore the consequences of actions, the importance of rules, and how to interact safely with the wider community.
- **Lawful Citizenship:** We use these resources to help students understand their rights and responsibilities as they grow.

Recognising that our learners often face complex social and emotional challenges, our delivery is flexible:

- **Proactive Sessions:** Small group or 1:1 session designed to build "social capital" before issues arise—focusing on self-regulation, empathy, and social cues.
- **Reactive Sessions:** Our "as-needed" curriculum allows us to pause standard delivery to address real-time incidents or emotional breakthroughs. We use these moments as "teachable moments" to help students process conflict and restore relationships.
- We also build in space to ensure that key topics are covered multiple times over the academic year to ensure the knowledge and understanding gained in these sessions is also retained in our learner's long-term memory.

We create safe spaces where children feel that they can talk to trusted adults and, in class, a supportive and respectful environment is created for children to share their thoughts and opinions and ask questions.

- Restorative Practice: PSHE is not just a subject; it is the heartbeat of our school culture. We use restorative conversations and check-ins to allow students to express their feelings in a non-judgmental environment.
- Holistic Integration: Wellbeing is woven into every part of the day, from breakfast and lunch to transitions and time in class, ensuring that the "Promoting Wellbeing" principle is lived rather than just taught.
- Our reflective journal sessions also empower our students to think critically about the positive elements of their week and to celebrate their individual and class achievements.

Key White Rose Science Units for RSE

The following units cover the statutory requirements for puberty and human development and is taught as part of our science curriculum:

Year 5: Animals including Humans/Reproduction A

This is the primary unit for RSE statutory requirements.

- **The Human Life Cycle:** Covers the stages of human development from birth to old age.
- **Adolescence and Puberty:** Explicitly teaches the physical and emotional changes that happen during adolescence. This aligns with the statutory Health Education requirement to know the "key facts about puberty and the changing adolescent body" (typically taught to ages 9–11).
- **Reproduction:** Covers the biological process of human reproduction. While "Sex Education" is non-statutory at primary level, the biological facts of human reproduction are part of the **statutory National Curriculum for Science**.

Year 2: Animals including Humans

- **Growing Up:** Introduces the concept that animals, including humans, have offspring that grow into adults. This sets the foundation for understanding life cycles before puberty is introduced in later years.

Year 6: Animals including Humans

- **Circulatory System and Lifestyle:** While the focus shifts to the heart and exercise, this unit often touches on "Healthy

Lifestyle" statutory requirements, such as the impact of diet, drugs, and alcohol on the body.

Statutory Requirements Covered

White Rose Science ensures coverage of these specific DfE mandates:

Topic	Statutory Requirement	White Rose Unit
Puberty	Key facts about physical and emotional changes (ages 9-11).	Year 5: Animals including Humans
Menstruation	Key facts about the menstrual cycle and menstrual wellbeing.	Year 5: Animals including Humans
Human Life Cycle	Describe the changes as humans develop to old age.	Year 5: Animals including Humans
Body Parts	Correct names for main external body parts (including genitals).	Year 1: Animals including Humans

Impact: PSHE & RSE at New Horizons Academy

The impact of our PSHE & RSE curriculum at New Horizons Academy is measured by the growth in our students' character, their ability to self-regulate, and their readiness to engage positively with the world.

Enhanced Emotional Intelligence and Self-Regulation

The most significant impact is seen in the students' ability to identify and manage their emotions. By providing them with appropriate vocabulary to help describe their feelings and emotions as well as practical coping strategies, we see a reduction in high-level behavioral incidents and an increase in students seeking help before reaching a point of crisis.

Understanding of Safety and the Law

Through the Pol-Ed scheme, students develop a mature understanding of what it means to be a "lawful" citizen. They can identify risk, understand positive relationships and safe boundaries, and have a clearer perception of the role of the police and authority, leading to safer choices outside of school gates.

Improved Relationship and Conflict Resolution

Students demonstrate progress in how they handle disagreements. The impact is seen in the shift from physical or verbal aggression toward negotiation and restorative conversation. Our learners grow in empathy, recognising the impact of their words and actions on others. This work is also supported by various elements of our school such as the support from the advocate team and the reflective and restorative work carried out by the The Hub team.

Resilience and Life Readiness

The curriculum and our school ethos "Be Kind, Try Your best and Never Give Up" empowers students with the "Life Skills" mentioned in our intent. Impact is evidenced by pupils who are more resilient when facing academic or social challenges. They leave the Academy with the essential skills: communication, teamwork, problem-solving, and the confidence to navigate the

complexities of modern life.

Measurement of Impact

We monitor success through:

- Readiness for Reintegration: Monitoring individual growth in social and emotional milestones.
- Reduction in Exclusions/Incidents: Data reflecting improved self-management.
- Student Voice: Feedback where students express feeling safe, heard, and understood.

PSHE- Supporting Resources

[Pol-Ed Home](#)
[White Rose Home](#)

<u>Year 1</u>	<u>Relationships X 6 weeks.</u>	<u>Keeping safe X6 weeks</u>	<u>Understanding the law X4 weeks</u>	<u>Well being X4 weeks</u>	<u>Passport X8 weeks</u>	<u>Consolidation, Class specific sessions, British values and Diversity and Inclusivity sessions</u>
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<u>Year 2</u>	<u>Relationships X5 weeks.</u>	<u>Keeping safe X6 weeks</u>	<u>Understanding the law X6 weeks</u>	<u>Well being X5 weeks</u>	<u>Passport X8 weeks</u>	<u>Consolidation, Class specific sessions, British values and Diversity and Inclusivity sessions</u>
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<u>Year 3</u>	<u>Relationships 5 weeks.</u>	<u>Keeping safe 6 weeks</u>	<u>Understanding the law 6 weeks</u>	<u>Well being 5 weeks</u>	<u>Passport 8 weeks</u>	<u>Consolidation, Class specific sessions, British values and Diversity and Inclusivity sessions</u>
<u>Year 4</u>	<u>Relationships 7 weeks.</u>	<u>Keeping safe 5 weeks</u>	<u>Understanding the law 4 weeks</u>	<u>Well being 7 weeks</u>	<u>Passport 8 weeks</u>	<u>Consolidation, Class specific sessions, British values and Diversity and Inclusivity sessions</u>
<u>Year 5</u>	<u>Relationships 7 weeks.</u>	<u>Keeping safe 5 weeks</u>	<u>Understanding the law 4 weeks</u>	<u>Well being 7 weeks</u>	<u>Passport 8 weeks</u>	<u>Consolidation, Class specific sessions, British values and Diversity and Inclusivity sessions</u>
<u>Year 6</u>	<u>Relationships 7 weeks.</u>	<u>Keeping safe 5 weeks</u>	<u>Understanding the law 6 weeks</u>	<u>Well being 5 weeks</u>	<u>Passport 8 weeks</u>	<u>Consolidation, Class specific sessions, British values and Diversity and Inclusivity sessions</u>