

PSHE and RSE LTP



Mossbourne
Federation

Intent	Implementation
<p>At the Mossbourne primary academies, our PSHE and RSE curriculum is designed to equip pupils with the knowledge, skills and attitudes they need to navigate modern life with confidence and responsibility. We aim to prepare pupils for the challenges of the 21st century by teaching them how to make informed choices about their health, wellbeing, relationships, safety, citizenship, and financial awareness. By embedding these areas into our curriculum, we ensure that pupils develop into resilient, responsible, and empathetic individuals who contribute positively to both their school and the wider community.</p> <p>Our intent is also rooted in the academy’s ethos and PRIDE values, as well as the four British values of democracy, rule of law, respect and tolerance, and individual liberty. Safeguarding and online safety are given particular importance, with teaching that addresses personal boundaries, consent, and respectful behaviour. To support emotional wellbeing, each academic year begins with a focus on the Zones of Regulation, enabling pupils to understand and manage their emotions effectively. This consistent whole-school approach ensures that pupils are well-prepared, not only for their time at school, but also for their future lives and relationships.</p>	<p>The PSHE and RSE curriculum is implemented through a carefully sequenced, whole-school approach which begins each year with the Zones of Regulation. This provides pupils with a common language and practical strategies for recognising and managing emotions, building resilience, and supporting positive behaviour. From this foundation, pupils engage in a structured programme of learning from EYFS through to Year 6, covering areas such as families and relationships, health and wellbeing, safety and the changing body, citizenship, and economic wellbeing. In the Early Years, the curriculum emphasises self-regulation, building relationships, and managing self, laying the groundwork for later learning.</p> <p>Lessons are taught using a wide range of strategies, including role play, discussion, reflection and real-life scenarios, ensuring that learning is engaging, inclusive, and accessible to all pupils. Cross-curricular links with subjects such as Science, Computing and PE provide meaningful opportunities to revisit and embed key messages about health, safety, and digital awareness. Parents are actively involved through guidance and communication, helping them to support their child’s learning at home. A diverse range of high-quality resources is used, ensuring that teaching reflects inclusion, equality, and the lived experiences of children in modern Britain.</p>
Impact	
<p>The impact of our PSHE and RSE curriculum is evident in the confidence with which pupils discuss personal, social, and emotional issues and the way they apply Zones of Regulation strategies to everyday situations. By consistently revisiting key themes, pupils demonstrate increased self-awareness, empathy, resilience, and decision-making skills. Teachers assess progress through lesson-based guidance, knowledge catchers, and quizzes, which help to identify gaps and ensure that learning is secure.</p> <p>This approach not only supports individual pupil development but also contributes to the overall ethos of the academy, reducing behavioural issues linked to poor self-regulation and strengthening pupil voice across the school. The curriculum makes a significant contribution to Ofsted’s Personal Development judgement and supports statutory safeguarding requirements. Pupils leave Mossbourne Parkside Academy well-prepared for the next stage of their education, able to apply their learning to real-life challenges, from resolving friendship difficulties to making healthy lifestyle choices.</p>	
Progression	
<p>Progression within the PSHE and RSE curriculum is carefully structured so that knowledge and skills are built upon year after year. Each new academic year begins with a shared focus on the Zones of Regulation, providing all pupils with the emotional toolkit they need to engage successfully with their learning. In the Early Years, the focus is on developing self-awareness, building positive relationships, and beginning to understand safety. In Key Stage 1, pupils build on this foundation by learning about friendship, respect, and simple health and safety concepts.</p>	

As pupils move into Lower Key Stage 2, the curriculum introduces more complex themes such as rights and responsibilities, body changes, and financial decision-making. By Upper Key Stage 2, pupils are supported to explore puberty, consent, online safety, and economic awareness in greater depth, ensuring they are ready for the transition to secondary school. Progress is tracked through baseline and end-point assessments within each unit, ensuring pupils' needs are met and that they are equipped with the necessary knowledge and skills at every stage of their journey.

Enrichment

Enrichment is central to the PSHE and RSE offer at Mossbourne Parkside Academy, giving pupils extensive opportunities to extend their learning and apply it in meaningful contexts. Whole-school events such as Anti-Bullying Week, Children's Mental Health Week, and Safer Internet Day provide a wider platform for exploring key themes, while assemblies, visiting speakers, and community projects allow pupils to engage with different perspectives beyond the classroom. Pupils are also encouraged to play an active role in school life by applying for positions such as pupil councillors, wellbeing champions, prefects, Eco councillors, or subject champions, developing leadership, responsibility, and active citizenship whilst ensuring that the pupil voice is represented at every level. Alongside this, the academy runs a broad enrichment programme of yearly and termly clubs, enabling children to pursue new talents, collaborate with peers, and broaden their experiences.

We also place a strong emphasis on connecting learning with the wider community. Partnerships with stakeholders such as the Peabody Estate and the Wickers Charity highlight the importance of civic engagement and strengthen pupils' sense of belonging and contribution. Carefully planned educational visits, mapped across each child's time at school through the Parkside Pledge, guarantee every pupil rich and memorable experiences ranging from cultural visits and theatre productions to residential trips and outdoor learning.

The Zones of Regulation is embedded across these enrichment activities, including sport, drama, and community projects, ensuring pupils develop emotional awareness, teamwork, and resilience in a wide variety of settings.



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Year Group Map

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Our PRIDE values, rules and taking turns.	The Zones of Regulation	The Zones of Regulation	Build constructive and respectful relationships. Show sensitivity to their own and to others' needs.	Build constructive and respectful relationships. Show sensitivity to their own and to others' needs.	The Zones of Regulation
Reception	The Zones of Regulation		Citizenship	Health and Wellbeing	Self-regulation: Listening and following instructions	
Year 1	The Zones of Regulation	Friendships and Safety	Citizenship	Health and Wellbeing	Economic Wellbeing	How can I help myself and others feel happy and safe? (RSE)
Year 2	The Zones of Regulation	Friendships and Safety	Citizenship	Health and Wellbeing	How can I build safe, kind and caring relationships with others? (RSE)	How can we look after our bodies? (RSE)

Year 3	The Zones of Regulation	Friendships and Safety	Citizenship	Health and Wellbeing	Economic Wellbeing	What helps us feel safe and included? (RSE)
Year 4	The Zones of Regulation	Friendships and Safety	Citizenship	Health and Wellbeing	How can we respect each other? (RSE)	How will my body and emotions change as I grow up? (RSE)
Year 5	The Zones of Regulation	Friendships and Safety	Citizenship	Health and Wellbeing	Why are healthy relationships important? (RSE)	How can I manage the changes to my body and emotions as I grow up? (RSE)
Year 6	The Zones of Regulation	Friendships and Safety	Citizenship	Health and Wellbeing	What does it mean to stand up for myself and others? (RSE)	How do people become parents and carers? (RSE)