

PSHE Curriculum overview

1. Introduction

PSHE (Personal, Social, Health and Economic Education) is a vital part of the curriculum at Coppice School. It supports pupils in developing the knowledge, skills and attributes they need to live healthy, safe and fulfilling lives, both now and in the future.

PSHE contributes significantly to safeguarding, wellbeing and preparation for adulthood, ensuring pupils are equipped to manage opportunities, responsibilities and challenges in modern society.

2. Aims and Intent

At Coppice School, our PSHE curriculum aims to:

- Promote emotional wellbeing, resilience and self-confidence
- Support pupils to develop independence and life skills
- Enable pupils to build and maintain positive relationships
- Equip pupils with the knowledge to stay safe and healthy
- Prepare pupils for adulthood, employment and community participation
- Foster respect, inclusion and understanding of diversity

3. Curriculum Structure

Our PSHE curriculum follows a spiral model, where key themes are revisited throughout each key stage. This allows pupils to build on prior learning and develop deeper understanding over time.

The curriculum is organised into three overarching themes:

- Understanding Myself (Health and Wellbeing)
- Self with Others (Relationships)
- Self within the World (Living in the Wider World)

4. Key Areas of Learning

4.1 Understanding Myself (Health and Wellbeing)

This strand focuses on developing pupils' awareness of their physical health, emotional wellbeing and personal development.

Pupils will learn about:

- Mental health, emotional wellbeing, resilience and self-esteem

- Managing emotions and building mental strength
- Physical health, hygiene and self-care
- Puberty, body image and personal identity
- Reproductive health and understanding their bodies
- Making informed choices, including awareness of drugs, alcohol, tobacco and vaping
- Personal safety and risk, including life-saving skills

4.2 Self with Others (Relationships)

This strand supports pupils in understanding relationships and developing positive social interactions.

Pupils will learn about:

- Building and maintaining healthy relationships
- Recognising unhealthy relationships and responding to bullying
- Peer pressure and developing self-awareness
- Managing change, loss, separation and emotions
- Different types of relationships, including intimate relationships
- Consent, boundaries and respect
- Recognising abuse and controlling behaviours and knowing how to seek help

4.3 Self within the World (Living in the Wider World)

This strand prepares pupils for life in society and adulthood.

Pupils will learn about:

- Identity, equality, diversity and respect
- Rights, discrimination and community belonging
- Digital lives, including online safety, privacy and responsible behaviour
- Evaluating online content, misinformation and digital influence
- Aspirations, careers and the world of work
- Financial education, including money management and independence

5. Teaching and Delivery

PSHE is delivered through:

- PSHE lessons
- Tutor time and pastoral support
- Enrichment activities and themed events
- Cross-curricular subject links (e.g. Science, PE, ICT)

Teaching is adapted to meet the communication and learning needs of all pupils and may include:

- Visual supports and structured activities
- Practical, real-life learning experiences
- Discussion, role play and scenario-based learning

6. Safeguarding and Wellbeing

PSHE plays a central role in safeguarding at Coppice School. Through the curriculum, pupils are supported to:

- Recognise risk and unsafe situations
- Understand personal boundaries
- Know how and where to seek help
- Stay safe both online and offline

7. Working with Parents and Carers

Coppice School values strong partnerships with parents and carers. We aim to:

- Keep families informed of PSHE content
- Provide support and guidance for discussions at home
- Ensure transparency around sensitive topics

8. Inclusion and Accessibility

Our PSHE curriculum is fully inclusive and tailored to meet the needs of all learners. We ensure that:

- Content is age-appropriate and accessible
- Teaching methods are adapted for individual needs
- Pupils are supported in developing independence at their own pace

9. Monitoring and Review

The PSHE curriculum is regularly reviewed to ensure it:

- Meets statutory guidance requirements
- Reflects pupils' needs and experiences
- Remains relevant in a changing society

10. Statutory RSHE Compliance (DFE 2026 Guidance)

Coppice School's PSHE and RSHE provision is fully aligned with the statutory guidance set out by the Department for Education (DFE) for Relationships Education, Relationships and Sex Education (RSE) and Health Education, updated in 2025 for implementation from September 2026.

We recognise that:

- Relationships and Sex Education (RSE) is compulsory for all secondary pupils, alongside Health Education for all pupils in schools.
- Schools must have regard to statutory guidance and deliver a curriculum that is age-appropriate, inclusive and responsive to pupil need.
- Parents retain the right to request withdrawal from sex education, but not from Relationships or Health Education.

10.1 Curriculum Content Requirements

Our RSHE curriculum ensures coverage of all statutory content, including:

Relationships Education and RSE

- Developing respectful and healthy relationships
- Understanding consent, boundaries and the law
- Recognising abuse, exploitation, coercion and harmful behaviours
- Online relationships, including risks associated with digital environments
- The influence of harmful online content, including pornography and misogyny

Health Education

- Mental wellbeing, resilience and emotional literacy
- Physical health, including puberty, reproductive health and healthy lifestyles
- Personal safety, including risk awareness in real-life and public contexts
- Substance misuse, including drugs, alcohol, tobacco and vaping
- Awareness of emerging risks such as digital harms, misinformation and online exploitation

These topics reflect the updated emphasis within the 2026 guidance on safeguarding risks, mental health, online safety and personal safety.

10.2 Safeguarding and Risk Awareness

In line with statutory guidance, our curriculum includes explicit teaching on:

- Recognising and managing risk in everyday life (e.g. Public spaces, travel, water safety)
- Understanding safeguarding concerns, including exploitation and abuse
- Responding appropriately to concerns and seeking support

The 2026 guidance strengthens expectations around personal safety and emerging safeguarding issues, particularly those linked to technology and online environments.

10.3 Inclusion and Equality

Coppice School delivers RSHE in a way that:

- Reflects the diverse nature of modern families and communities
- Promotes equality, respect and inclusion
- Is sensitive to pupils' individual needs, backgrounds and experiences

The guidance makes clear that teaching should recognise a wide range of family structures and lived experiences, ensuring all pupils feel represented and supported.

10.4 Teaching Approach and Adaptation

We ensure that RSHE is:

- Delivered as part of a planned, sequenced curriculum
- Adapted to meet the specific needs of our pupils
- Taught by trained staff using appropriate and evidence-based resources

Schools are given flexibility to tailor delivery, but must ensure content is clearly structured, age-appropriate and builds progressively over time.

10.5 Working with Parents and Carers

In accordance with statutory expectations, Coppice School:

- Provides clear information to parents about RSHE content
- Offers opportunities for parents to view curriculum materials
- Maintains open communication regarding sensitive topics

The 2026 guidance places increased emphasis on transparency and partnership with parents and carers.

10.6 Review and Accountability

The school regularly reviews its RSHE provision to ensure:

- Compliance with statutory requirements
- Alignment with current safeguarding priorities
- Responsiveness to pupil voice and emerging issues

This reflects the expectation that RSHE remains a dynamic and responsive area of the curriculum, adapting to societal changes and pupil needs