



PSHE and RSE Curriculum

Vision

At Holly House School, our PSHE and RSE curriculum is underpinned by the core values of respect, responsibility and relationships. Pupils are supported to understand themselves, manage their emotions and navigate social situations with increasing confidence. Within our SEMH setting, we provide a safe, nurturing and inclusive environment where pupils can reflect, regulate and grow. The curriculum promotes resilience, independence and aspiration, preparing pupils to succeed in school and later life.

Intent

Our PSHE and RSE curriculum is carefully planned and sequenced to help all pupils, particularly those with SEMH needs, develop the knowledge and skills needed to manage everyday life. It prioritises emotional regulation, communication and decision-making while supporting pupils' personal, social, health and relationship education.

Through our curriculum, pupils will:

- Develop a stronger understanding of themselves and learn strategies to manage emotions.
- Build positive, healthy and respectful relationships.
- Communicate their thoughts, feelings and needs with increasing confidence.
- Make informed, responsible decisions about relationships, health, wellbeing and safety.
- Develop resilience, independence, empathy and respect for others.
- Apply their learning to real-life situations and prepare for the next stage of education and life.

The curriculum is ambitious and inclusive. Key themes are revisited over time so that pupils can deepen their understanding, make meaningful connections and build securely on prior learning.

Implementation

Our PSHE and RSE curriculum is delivered through a structured and progressive programme underpinned by the Jigsaw PSHE framework and aligned with statutory government guidance. Learning is carefully sequenced and revisited through a spiral approach, enabling pupils to build knowledge and skills over time.

Curriculum Unit	Curriculum Focus
Being in My World	Understanding belonging, responsibilities, choices and how individuals contribute to their communities.
Celebrating Difference	Recognising difference, developing respect and understanding how to respond to prejudice or bullying.
Dreams and Goals	Developing aspirations, perseverance, reflection and the skills needed to work towards goals.
Healthy Me	Understanding physical and emotional health, healthy choices, safety and wellbeing.
Relationships	Building and maintaining positive, healthy and respectful relationships.
Changing Me	Understanding change, personal development and age-appropriate aspects of growing and changing.

These units are revisited annually to help pupils develop a secure and connected understanding of key concepts. PSHE is prioritised within the timetable, with pupils receiving an average of two lessons each week. Teaching is adapted to pupils' needs and starting points and can respond flexibly to emerging needs or current issues.

Teaching approaches include direct instruction, modelling, structured discussion and reflection. A consistent relational approach provides a safe environment in which pupils can practise and apply their learning across the wider school day. Assessment is ongoing and formative, helping staff check understanding, address misconceptions and plan future teaching.

Impact

Our PSHE and RSE curriculum supports pupils to understand and manage their emotions, build positive relationships and make informed, responsible decisions. Pupils develop secure knowledge across key themes and learn to recall and apply this knowledge in different contexts.

As a result of our curriculum, pupils:

- Communicate with increasing confidence using appropriate vocabulary.
- Demonstrate improved self-regulation and behaviour over time.
- Build and sustain positive, healthy and respectful relationships.
- Show resilience, independence, empathy and tolerance.
- Make connections between prior learning and new personal or social situations.
- Are better prepared for the next stage of education and their future pathways.
- Develop the knowledge, skills and attitudes needed to contribute positively to life in modern Britain.

Our aim is for pupils to leave Holly House with the confidence, understanding and personal skills needed to make safe choices, develop healthy relationships and participate positively in their communities.