



Ramsey Manor Lower School

PSHE and Wellbeing Curriculum Intent, Implementation and Impact 2025-2026

Our Vision

At Ramsey Manor, we believe that all of our students have the opportunity to thrive in our inclusive, nurturing and inspiring environment where they will grow into creative and confident learners without limits.

Aspire, Achieve, Excel

INTENT

What we want to achieve:

Empowering children to be safe, happy and heard.

Through our personal, social and health education (PSHE) curriculum we aim to provide children with the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active and responsible citizens. In providing children with an understanding of healthy and respectful relationships and appropriate boundaries, through Wellbeing lessons, we consider effective relationships and health education (RHE) to be a fundamental part of our approach to supporting pupils.

Wellbeing is lifelong learning about personal, physical, moral and emotional development. It teaches children to develop and form positive values, attitudes, personal and social skills, and increase their knowledge and understanding of how to make informed decisions and life choices.

Through a spiralling curriculum, the aims of Wellbeing education at our school are to:

- Provide a consistent standard of relationship and health education across the school
- Help pupils develop feelings of self-respect, confidence and empathy

- Promote responsible behaviour
- Create a positive culture of communication around issues of relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Prepare pupils for puberty, and give them an understanding of the importance of health and hygiene
- Provide all pupils with knowledge, skills, and attitudes that will enable them to make positive and healthy choices concerning relationships as they grow up and deal with risk
- Combat exploitation and help to safeguard our children

Wellbeing lessons play an important role in promoting Spiritual, Moral, Social and Cultural (SMSC) and our curriculum incorporates British Values and Protected Characteristics. We aim to help all children tackle any issues which may arise in school, our local community and the wider world. We aim to ensure that Ramsey Manor Lower School provides a supportive, inclusive and caring environment, which will enable children to develop confidence to express their views. Wellbeing lessons are crucial in order to enable children to become responsible, healthy, safe and independent members of society.

IMPLEMENTATION

How we will achieve this:

- By following a scheme of work created by the Subject Leader, using a range of high-quality resources recommended by the PSHE Association.
- Through the teaching of weekly Wellbeing lessons children will learn how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.
- By building up resilience and character, we encourage children's beliefs that they can achieve goals, both academically and personally. We teach children that being determined and showing resilience to tasks will help them achieve goals, even when the reward may be distant or uncertain. We ensure children have the tools and knowledge of how to recover from challenging periods in their lives.
- We embed Values Education throughout our everyday school life, to help children make sense of situations, develop and maintain positive relationships and behaviour.
- During lessons we use a variety of teaching and learning styles to suit the needs of all learners.
- Wherever possible, we encourage children to apply their learning to everyday situations.
- We encourage children to ask, as well as answer, questions.
- Whole class teaching is followed up with work in groups, partners or individually when appropriate. Children practise a wide range of skills they have learned or are developing.
- Teachers provide equal access to the Wellbeing curriculum by differentiating appropriately for all children, including supporting less able children and extending the more able.
- We use the outdoor environment to support our Wellbeing learning.
- Wellbeing Leaders (pupil group) support activities throughout the year.
- We enrich learning with a range of Events to support Wellbeing and the Protected Characteristics.

IMPACT

The impact of the Wellbeing curriculum:

Through providing these opportunities, pupils at Ramsey Manor Lower School leave us as well-rounded learners who feel safe in school and know how to stay safe in the wider community.

The successful approach to Wellbeing lessons at Ramsey Manor Lower School results in:

- Children who can retain skills and knowledge that is pertinent to Wellbeing with a real-life context.
- Pupils who display good behaviour in and out of school and feel supported and successful in their learning
- Children who are able to question ideas and reflect on knowledge and understanding.
- Children that work collaboratively and practically when discussing and debating enquiries.
- Pupils who work hard, strive to meet challenges and will become resilient learners.
- Pupils that learn to work independently or will contribute effectively to partner or group work.
- Pupils who enjoy their Wellbeing lessons and will apply the communication and enquiry-based skills that they have learnt.
- Engagement with our school environment to ensure that children will learn through varied and first-hand experiences of the world around them.