



**Burnham on Crouch
Primary School**
Connected to our world

PSHE: From Learning to Understanding

What we are teaching:

At Burnham on Crouch Primary School, our vision is to provide a high-quality PSHE (Personal, Social, Health and Economic) curriculum, which enables children to develop the knowledge, skills and attributes they need to thrive as healthy, safe and responsible members of society.

Our PSHE curriculum, including Relationships and Sex Education (RSE), is delivered through the 1decision programme, which provides a carefully structured and progressive approach to teaching personal development. This supports children to understand themselves, build positive relationships and navigate the world around them with confidence.

Through 1decision, pupils develop their understanding of physical health, mental wellbeing and personal safety, ensuring they are equipped to make informed decisions both now and in the future.

Our aim is to develop confident, respectful and resilient individuals who understand how to manage risk, regulate emotions and contribute positively to their communities. The 1decision programme supports this through scenario-based learning, allowing pupils to explore real-life situations and develop critical thinking skills.

We believe that PSHE is a vital part of safeguarding and underpins all aspects of school life. The 1decision programme explicitly supports safeguarding by teaching pupils how to recognise unsafe situations, understand boundaries, and know how to seek help.

Golden Threads

At Burnham on Crouch Primary School, our curriculum is underpinned by a set of whole-school golden threads. These are embedded throughout our PSHE curriculum and are supported through the 1decision programme.

- **Knowledge and Progression** – The 1decision programme provides a structured, spiral curriculum where key concepts are revisited and developed over time, ensuring pupils build on prior learning.
- **Future Learning and Careers** – PSHE supports pupils in developing life skills such as decision-making, responsibility and resilience, preparing them for future education and the wider world.
- **Multi-cultural and Diversity** – Through themes such as relationships, respect and 'A World Without Judgement', pupils develop an understanding of diversity, inclusion and equality.
- **Enrichment Experiences and Opportunities** – PSHE is enhanced through assemblies, themed days, real-life scenarios and discussions, allowing pupils to apply their learning in meaningful contexts.

- **Life-long Learning** – Pupils develop essential skills such as managing emotions, staying safe and making informed choices, which support them throughout their lives.
- **Creativity and Self-expression** – Opportunities for discussion, reflection and pupil voice allow children to express their thoughts, feelings and opinions in a safe environment.
- **Critical Thinking** – The 1decision programme uses scenario-based learning to encourage pupils to evaluate situations, consider consequences and make informed decisions.

In PSHE, key themes are revisited and developed through different year groups using the spiral curriculum model within the 1decision programme. This allows children to build upon their prior knowledge, deepen their understanding and embed essential life skills into their long-term memory.

How we are teaching:

In EYFS, children develop their understanding of PSHE through carefully planned adult-led activities and continuous provision, with learning linked to the early foundations of the 1decision themes. They are given opportunities to explore feelings, relationships and personal experiences, developing their ability to communicate, share and understand others. Staff model positive interactions and support children in recognising and managing their emotions.

In KS1, PSHE is delivered through the 1decision programme, where lessons are structured around discussion and scenario-based learning. Children are supported to recognise safe and unsafe situations, develop friendships and begin to understand their emotions. The use of 1decision videos and decision-making activities supports engagement and understanding.

In KS2, the 1decision programme provides a structured progression of learning, allowing pupils to explore more complex themes such as peer influence, online safety, mental health and relationships. Scenario-based learning enables pupils to evaluate situations, consider consequences and develop decision-making skills.

Across the school, teaching through 1decision is:

- Inclusive and accessible to all learners
- Discussion-based and reflective
- Rooted in real-life scenarios
- Carefully sequenced to build knowledge over time

The use of the 1decision programme ensures consistency across year groups and supports staff in delivering high-quality PSHE lessons.

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What children have learned:

The impact of this curriculum design, supported by the 1decision programme, will lead to strong progress over time, across all key stages, relative to a child's individual starting point. Children will develop the knowledge, skills and understanding needed to lead healthy, safe and responsible lives.

By the time they leave Burnham on Crouch Primary School, pupils will:

- Understand how to keep themselves safe, including online
- Be able to recognise and manage their emotions
- Develop and maintain positive, respectful relationships
- Understand the importance of physical and mental wellbeing
- Make informed decisions and understand consequences

Through the 1decision programme, pupils are supported to apply their learning to real-life situations, enabling them to become confident and responsible individuals.

Our PSHE curriculum aims to develop pupils who are confident in who they are, respectful of others and prepared for the next stage of their education and life beyond primary school.

This is evidenced in a range of ways, including pupil voice, classroom discussions, and the way pupils apply their understanding in everyday situations. We aim for children to leave our school not only meeting expectations, but with a strong sense of self, responsibility and readiness for the wider world.

