

## PSHE – Intent

At Denewood and Unity Academy, we believe that PSHE is the heart of our school and works alongside our Thrive wellbeing curriculum. The curriculum has been designed to ensure pupils leave with the knowledge of life topics and develop skills that enables them to deal with current issues in a mature way. We want the pupils to become responsible members of society who develop personally and socially to become independent young adults. To achieve this, PSHE is embedded across the school using a combination of Jigsaw resources and carefully selected external resources. These resources are always relevant and meaningful, ensuring a powerful curriculum.

The topics aim to improve confidence, aspirations and resilience and support the pupil to leave school as healthy independent young adults. Some of our topics include:

- Healthy relationships including sexual health (RSE)
- British values.
- Healthy Me – Food and Exercise
- Emotional health
- Community & careers

Pupils will discuss and debate various topics as they become curious and begin to challenge others opinions while tackling the moral, social and cultural issues in society. Overall, the topics aim to build the pupils character and self-esteem as they progress through their years with the knowledge and understanding of important life topics.