



UPPERBY PRIMARY SCHOOL

PSHE & CITIZENSHIP POLICY (2026-2028)

School Details

Headteacher:	Mrs P Burns
Designated Safeguarding Lead:	Mrs J Chandler
Deputy Designated Safeguarding Lead(s):	Mrs P Burns / Mrs J Chan
Link Governor for Safeguarding:	Mrs C Wilson
Co-chair of Governors:	Mr W Atkinson & Miss R Mason
Policy Date:	June 2026
Policy Review Cycle:	Bi-annually
Next Review Date:	June 2028

Introduction

This policy outlines the intent, implementation and evaluation of **Personal, Social, Health Education (PSHE)** and **Citizenship** at Upperby Primary School. It ensures a broad, balanced and inclusive curriculum that meets the requirements of the **National Curriculum (2014)**, supports the **Education Act 2002**, the **Equality Act 2010**, and aligns with the expectations of the national inspectorate.

All statutory content relating to **Relationships Education, Sex Education and Health Education** is detailed separately in our school's **RHSE Policy**, which should be read alongside this document.

Our PSHE & Citizenship curriculum prepares pupils for life in modern Britain, promotes their spiritual, moral, social and cultural development, and supports safeguarding, equality and wellbeing.

Aims

Through PSHE & Citizenship we aim to:

- Develop pupils' knowledge, skills and attitudes to lead **healthy, safe and fulfilling lives**
- Foster **self-awareness, resilience, confidence and emotional wellbeing**
- Promote **respect, equality, inclusion** and fundamental British values
- Prepare pupils to be **active, responsible citizens** within school and the wider community
- Develop understanding of **democracy, rights, responsibilities and the rule of law**
- Support pupils to make **informed choices**, manage risks and stay safe
- Encourage **positive relationships, empathy and conflict resolution**
- Equip pupils with skills for **economic wellbeing and financial capability**
- Ensure all pupils are **safeguarded** and know how to seek help

Statutory Requirements

Upperby Primary School fulfils its statutory duties by:

- Delivering PSHE and Citizenship in line with the **National Curriculum (2014)**
- Delivering statutory **Relationships Education and Health Education** as set out in the **RHSE Policy**, in accordance with the **2025 RHSE Guidance**

- Meeting obligations under the **Equality Act 2010** to eliminate discrimination and foster good relations
- Promoting safeguarding, including online safety, consent and recognising abuse, in line with **Keeping Children Safe in Education (2024/25)**
- Providing a curriculum that promotes pupils' spiritual, moral, cultural, mental and physical development (Education Act 2002)
- Making reasonable adjustments for pupils with SEND (SEND Code of Practice 2015)
- Supporting the **Prevent Duty** by promoting British values and resilience to extremism

Curriculum Coverage

PSHE & Citizenship at Upperby Primary School includes:

PSHE

- Mental wellbeing and emotional literacy
- Physical health and healthy lifestyles
- Internet safety and digital wellbeing
- Personal safety and risk management
- Drugs, alcohol and tobacco (age-appropriate)
- Basic first aid
- Economic wellbeing and financial capability

Citizenship

- Democracy, rules and laws
- Rights and responsibilities
- Diversity and equality
- The role of public institutions and services
- Community participation and active citizenship
- Leadership opportunities (e.g., Smart school council, school action group)

Safeguarding Education

- Recognising unsafe situations
- Seeking help and trusted adults
- Online safety and digital conduct
- Consent (age-appropriate)
- Recognising and reporting abuse

Relationship and Health Content

All statutory content relating to **Relationships Education** and **Health Education**, including puberty, families, friendships, respectful relationships and being safe, is delivered in accordance with the **separate RHSE Policy**.

Curriculum Implementation

- PSHE & Citizenship is taught **weekly or in a block** in all classes
- Additional learning takes place through assemblies, themed days, enrichment activities and cross-curricular links

- The curriculum follows a **coherently sequenced, spiral model**, revisiting key themes with increasing depth
- High-quality, age-appropriate resources (e.g., SCARF) are used and reviewed regularly
- Teachers use active learning approaches including discussion, role-play, scenarios and pupil-led activities
- A safe, respectful classroom climate is established through clear ground rules
- Lessons are adapted to reflect **local context**, safeguarding needs and pupil voice
- External visitors (e.g., health professionals, police) enhance provision and are subject to safeguarding checks
- Parents/carers are informed about curriculum content and consulted on policy development

Assessment

Assessment is ongoing and primarily formative. Teachers use:

- Observation and questioning
- Pupil self-assessment and reflection
- Peer discussion and collaborative tasks
- Work samples and participation evidence

Progress is tracked using the school's foundation subject systems. Summative judgements indicate whether pupils are **working towards**, **meeting** or **exceeding** expectations.

Assessment informs planning, supports reporting to parents and governors, and contributes to curriculum evaluation.

Inclusion

We ensure the curriculum is accessible to all pupils by:

- Differentiating content, process and outcomes
- Making reasonable adjustments for pupils with SEND
- Using visuals, scaffolding and pre-teaching vocabulary where needed
- Ensuring materials reflect diversity and avoid stereotypes
- Seeking pupil voice from all groups
- Working with external agencies to support individual needs

Roles and Responsibilities

Headteacher

- Ensures statutory compliance
- Oversees policy review and implementation

PSHE & Citizenship Lead

- Leads curriculum planning and development
- Provides staff training and support
- Monitors teaching, learning and resources
- Ensures alignment with the RHSE Policy

Class Teachers

- Deliver the planned curriculum
- Adapt provision for pupil needs
- Assess progress and maintain a safe learning environment

Support Staff

- Support inclusion and pupil wellbeing

Governors

- Monitor statutory compliance and curriculum effectiveness

Pupils

- Engage positively and contribute to school life

Parents/Carers

- Support learning at home
- Engage with curriculum information and consultation

Monitoring and Review

The Headteacher and PSHE & Citizenship Lead monitor:

- Curriculum coverage
- Quality of teaching
- Pupil outcomes
- Safeguarding alignment
- Resource suitability

Governors receive regular updates via the headteachers report.

This policy is reviewed **every two years**, or sooner if required by changes in legislation or guidance.

Links to Other Policies

- Relationships Education, Sex Education and Health Education (RHSE) Policy
- Safeguarding & Child Protection Policy
- Relationships & Behaviour Policy
- Drugs Education Policy
- British Values Policy
- Anti-Bullying Policy
- Child on child abuse policy
- Online Safety Policy
- SEND Policy
- Equality, Diversity and Inclusion Statement
- Health and Safety Policy