

Curriculum Intent PSHE: Key Stage 2 2025 - 2026

At Compass School, our PSHE (Personal, Social, Health and Economic) curriculum is designed to cultivate an inclusive, nurturing learning environment where every pupil is empowered to thrive—academically, emotionally, and socially—within today’s diverse and dynamic society.

Our mission is to develop essential life skills, core virtues, and key attributes that support and safeguard pupil wellbeing. We prioritise fostering self-awareness, building self-esteem, strengthening resilience, and enhancing emotional intelligence. Central to our approach is the understanding that happiness and personal fulfilment are deeply rooted in positive, respectful relationships and meaningful human connection.

We place a strong emphasis on collaboration, teamwork, and the appreciation of diverse perspectives, equipping our pupils with the interpersonal tools needed to build empathetic and inclusive communities.

From the moment pupils join Compass School, they are assessed to identify individual needs, allowing us to tailor and differentiate the PSHE curriculum to close any knowledge gaps. This personalised approach ensures that every child leaves Compass equipped with the knowledge, confidence, and character needed to make informed choices, contribute positively to society, and navigate the increasingly complex worlds of finance and economics with confidence and integrity.

By the end of Key Stage 2, our pupils will have developed a strong foundation to support their personal, social, emotional, and economic wellbeing. They will begin to master effective communication skills and cultivate a sense of self-worth and esteem that underpins healthy relationships and respectful social interactions. Pupils will understand the importance of physical and mental wellbeing, make informed lifestyle choices, and recognise strategies for staying safe both online and within their communities.

At Compass School, PSHE is more than a subject—it is a cornerstone of our commitment to shaping compassionate, confident, and capable young citizens.

Skills and Knowledge Key Stage 2

Every half term, we ensure that we offer cross curricular (Cc) opportunities to our pupils as well as covering Social, Moral, Spiritual and Cultural (SMSC) elements. These are detailed below using the following codes, enabling us to track what is delivered in each subject:

Cross Curricular Links include: M (Maths), Eng (English), Sc (Science), PS (PSHE), FT (Food Tech), CR (Craft), AD (Art & Design), C (Computing), G (Geography), H (History), En (Engineering), R (Reading), Ec (Economics)

SMSC Links include: B (British Values), Sp (Spiritual aspects), M (Moral aspects), So (Social aspects), C (Cultural aspects), R (Religious aspects), Rel (Relationships), P (Prevent), E (E-Safety), I (Individual Advice & Guidance & Careers), H (Healthy Lifestyle including wellbeing)

	Key Stage 2 Topics	Key Stage 2 Skills	Key Stage 2 Knowledge
HT1	Friendships and Relationships SMSC – Sp, B, M, So, C, Rel Cc – R	Marriage and other relationships Different types of healthy family life Being a good friend and citizen in society Using strategies to support wellbeing and friendship Recognising feelings in others Solving friendship problems including disputes and their resolutions Identifying positive/negative impact of friendships Asking for support	Understanding what makes a good friend Understand what components make a good relationship Understanding how to build trust Understanding the qualities that contribute to positive friendships Knowing about forced marriage and that this is different from arranged marriage, Cultural and religious differences in Marriage, partnerships and family life
HT2	Health and Wellbeing SMSC – Rel, M, I, So, H Cc – R, Sc	Recognising individual qualities Recognising feelings in themselves and others and the impact on behaviour Identifying when to seek help with their mental health. Caring for others. Managing change, loss and bereavement	Understanding that it is normal to feel happy/sad Gaining the knowledge/language of communicating a range of feelings. Knowledge of individual qualities and attributes Understanding how to recognise some signs and symptoms of mental illness
HT3	Staying Safe SMSC – B, I, E, M, So, C, Rel Cc - R	Maintaining and respecting privacy and boundaries including online Recognising inappropriate physical contact Reporting and getting help (including online issues) Recognising dangerous situations including, in public Articulating feelings in unsafe situations Consenting to physical contact Bullying both online and in person Discrimination and embracing our differences	Understanding online safety Knowing how to seek advice or report concerns about personal safety or safety of others in a range of contexts Knowing how to report inappropriate physical contact Understanding when you should and shouldn't keep secrets. Knowledge of cultural differences and the law regarding discrimination (Equality Act 2010)
HT4	Health and Wellbeing SMSC – Sp, I, M, So, C, H, Rel Cc – R, Sc	Maintaining good dental health and oral hygiene Using sun cream and Sun Safety Applying hygiene routines Planning a healthy, balanced diet. Daily exercise routines Performing basic first aid Reacting and responding to accidents Responding to and contacting emergency services Getting help with medical needs	Knowledge of recognising early signs of physical illness. Understanding why we use sun protection. Understanding the importance of a healthy lifestyle and its impact on dental health Knowledge of healthy a diet, food groups and healthy meals. Being aware that support is available for health and fitness and how to access it. Knowledge of the different forms of exercise and the benefits. Knowing when to call 999
HT5	Living in the Wider World	Challenging racism/prejudices and discrimination with confidence Developing different skills in the classroom with links to careers Explaining the difference between college, apprenticeships and university. Questioning and challenging stereotypes about job types. Discrimination in the workplace Understanding different payment methods	Knowledge of equal rights in the workplace and how to challenge discrimination Knowledge of managing money, debt and budgeting Knowledge of different professions Understanding paid vs voluntary employment

	<p>SMSC – Rel, P, M, Sp, C, I</p> <p>Cc – R, Ec, M</p>	<p>Defining ‘value for money’</p> <p>Understanding risks associated with money</p>	<p>Knowledge of career paths and where to go for support and advice</p> <p>Knowledge of effects of financial instability</p> <p>Knowledge of different community values</p>
	<p>Key Stage 2</p> <p>Topics</p>	<p>Key Stage 2</p> <p>Skills</p>	<p>Key Stage 2</p> <p>Knowledge</p>
HT6	<p>Growing and Changing</p> <p>SMSC – Sp, M, C, So, H, Rel</p> <p>Cc – R, Sc, E</p>	<p>Gender identity</p> <p>Embracing our differences.</p> <p>Using some correct anatomical language for body parts</p> <p>Puberty and changes. Age 9-11 (Skills for girls practically managing menstruation)</p> <p>Developing the skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues. Caring for others and the world</p>	<p>Understanding how to name body parts correctly</p> <p>Being aware of the changes as you grow up</p> <p>Understanding transitions to secondary school and what to expect</p> <p>Knowledge of the menstrual cycle</p> <p>Knowledge of topical issues including how to protect the world around them, how everyday choices can affect the environment</p> <p>Understanding how to show care and concern for people and animals</p>