



Bromley Borough Primary Schools' PSHE Autumn Term Newsletter 2025



Welcome to this academic year's first FREE termly newsletter for PSHE Subject Leaders serving within Bromley borough infant; junior and primary schools. This academic year promises to be a period of change for Personal Social Health Education courtesy of the ramifications of the Curriculum Review coupled with the new Government framework of delivery for PE; School Sport and Physical Activity (PESSPA) that will also impact upon NC PSHE Core Unit 1. All key developments will also be featured via: <https://www.londonseprimarypehwb.co.uk>.

Curriculum and Assessment Review – Building a World-Class Curriculum for All (Final Report)

- Introduces a statutory measure to ensure that all are taught a core body of essential Citizenship content at primary (including elements of financial and media literacy, and climate change and sustainability).
- Improves the efficacy of primary Citizenship by clarifying the purpose and content of the Key Stage 1 and 2 curriculum and removes any content that duplicates the new RSHE Programme of Study.

Link:https://assets.publishing.service.gov.uk/media/6908f7a3c0dc8f12484175e5/Curriculum_and_Assessment_Review_final_report_-_Building_a_world-class_curriculum_for_all.pdf (pp57-62)

N.B: All proposals have been subsequently accepted by DfE given their recent response

Government response to the Curriculum and Assessment Review (5th Nov 2025)

'It is important that the reformed curriculum provides a clear framework to ensure that pupils acquire the essential skills and knowledge they need to be active, informed and responsible citizens, and that this needs to start from an early age.

As we have already confirmed, and in line with the Review's recommendation, we will look for the earliest opportunity to make citizenship a new statutory requirement for key stages 1 and 2 and ensure that the programme of study is tightly focused on the essential content pupils should know at primary and secondary, aligning with but not duplicating other parts of the curriculum and improving progression to GCSE'

Link:https://assets.publishing.service.gov.uk/media/690b2a4a14b040dfe82922ea/Government_response_to_the_Curriculum_and_Assessment_Review.pdf

What next?

DfE: 'For the first time, the new national curriculum will be digital and machine-readable, to support teachers to more easily sequence their school curricula. The new curriculum will be implemented in full, for first teaching from September 2028. Government will aim to publish the final revised national curriculum by spring 2027 – giving schools four terms to prepare for the changes'

PSHE Association: 'Our updated Programme of Study for PSHE education will be published early next year, alongside new model programmes, and these will outline statutory RSHE and broader PSHE education content including that which relates to economic wellbeing and navigating digital technologies. This will focus on the personal aspects in a way that complements the societal aspects best approached through Citizenship — including statutory RSHE content on aspects of financial education such as supporting children and young people to avoid financial exploitation and the risks relating to online gaming, video game monetisation, scams, fraud and other financial harms. We look forward to working with the Citizenship sector to ensure content in the PSHE education and Citizenship programmes of study complement each other (aligning but not duplicating content), with each subject playing to its strengths'

Advice: At this moment in time, we issue identical guidance as to that recently forwarded to PE Subject Leaders in so far that it is meaningless to update PSHE policy or buy into external CPD that parades the promise to support curriculum design when such companies will be aware that national curriculum content is currently in the stage of being rewritten. PSHE Schemes of Work will have to be updated post Spring 2027.

Reinforcing Effective PSHE Subject Leader Management

As Subject Leader

- **Familiarise yourself** with the 2025 RSHE statutory guidance that embraces both new as well as long established content.
- **Collaborate with colleagues to appraise and audit current provision** (see attached curriculum audit spreadsheets as guide)
- **Update your curriculum and policy framework** ensuring that all external resourcing is accurate and trustworthy whilst being age and stage appropriate without any bias
- **Identify and utilise cross-curricular links to topics** to demonstrate the subject's wider 'living, relevant' learning links e.g. Compulsory Health Education with Physical Education
- **Identify and engage with your subject's key stakeholders within your school community** e.g. pupil and staff questionnaires; governors' Q & A interview; newsletter and website promotion of key developments with the family environment; curriculum evenings
- **Identify your pupils' needs**, ensuring that all resource materials and learning experiences are age and ability appropriate as well as sensitive to requirements
- **Ensure confidence and ability of non-subject specific teaching staff** through the opportunity to observe lessons whilst sampling completed work to gauge depth of pupils' learning
- **Utilise recommended links via CPD and research** to provide dynamic bolt-on learning experiences.

Recap re: RSHE Statutory Guidance – Implications for Infant: Junior and Primary Schools

Link: <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Relationships Education (Primary) : <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Physical Health and Mental Wellbeing (N.B: Please collaborate with PE Subject Leaders):

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/physical-health-and-mental-wellbeing-primary-and-secondary>

As you'll appreciate there is much to absorb from this important NC subject update however some of the key differences that can already be identified are as follows:

- Greater emphasis upon online safety to include misogyny content
- Raised emphasis upon the naming of body parts (the use of anatomically accurate and correct language) and the teaching of menstruation before pupils leave Primary
- New safeguarding risks attached to rapid changes to ongoing technological advancements
- Aspects of personal safety have received raised profiling, including emphasis upon recognising risk and keeping safe around roads, railways, including level crossings, and water, including the water safety code, as well as personal safety in public space
- Mental health support coupled with emphasis upon grief and loss
- DfE has stated that it will not introduce age limits on certain topics in the guidance, but that content must be age-appropriate. "On balance, we think it is important not to restrict schools from being able to use their professional judgment over when topics should be taught for the benefit and safety of pupils," the DfE has stated - this reflects known isolated cases of behaviour/ incidents that may require earlier differentiated lesson intervention or later reinforcement.
- Inclusion of same-sex parenting in teaching about families.
- Schools must consult parents when developing and reviewing their RSE policies whilst also enabling parents to view a representative sample of resources upon request that can be taken home on the condition that they comply to a contractual agreement not to copy the content or share it further except as authorised under copyright law.
- The guidance also gives stronger consideration to schools needing to adopt greater sensitivity to pupils' circumstances given the increased complexity of some family backgrounds and external social and emotional issues

DfE has pledged to "undertake a technical review every three years and a full content review every six years.

Are You Ofsted Ready?

- 1) Have you been able to ensure that PSHE Education, Citizenship and all other relevant curricula, not forgetting additional experiences and opportunities, combine coherently to effectively promote your pupils' personal development?
- 2) Have you been able to ensure that your PSHE curriculum is demonstratively at the heart of personal development within your school?
- 3) Can you evidence how your school weighs identical importance to PSHE/RSHE curriculum as it does to every other NC subject e.g. CPD opportunities for all staff as well as Subject Leaders?
- 4) How do you ensure that all pupils, irrespective of need and background, do effectively access the PSHE curriculum that they require? Have you identified any pupils' specific learning needs?
- 5) Do your pupils benefit equally from all elements of the PSHE curriculum and how do you evidence this?

Financial Education

Money Workshops for Schools (Fully Funded)

Money workshops are available from The Money Charity for KS2 pupils.



They are fully funded for state-funded schools and available for class sizes.

Workshops can be delivered virtually via Teams or face to face as part of PSHE.

Money Charity Link: <https://themoneycharity.org.uk/media/The-Money-Charity-Financial-Education-Money-Workshops-Guide.pdf>

For further details, please contact helen.w@themoneycharity.org.uk

Bank Of England 'Money and Me'

This a complimentary 12 lesson teaching resource that introduces children to how money and the economy works. The free scheme of work has been undertaken with the support of both The Beano and TES

Key Stage 1:

- All about money. Including money, symbols, change and values

Key Stage 2 includes:

- What's new with money? Introducing different methods of payment. Teaching the different things pupils can do with their money. Why do prices change over time? Exploring money decisions and their impact. How to successfully budget. Understanding debt in all its forms as well as ethical spending.

Link: https://schools.beano.com/lesson_plan_category/moneyandme/

Media Literacy

First News Teach Kit has produced an invaluable suite of free resources including framework of delivery with the opportunity for schools to purchase the full teach kit for a current special offer of £249:

Link: <https://www.firstnews.co.uk/mil>

Guardian NewsWise provides free-to-access lesson plans, activities and teacher guidance to engage pupils aged 7-11 with news whilst developing critical literacy skills

Registration link: https://gurdiannewsandmedia.formstack.com/forms/news_wise_sign_up_for_our_resources

Primary PE and Sport Premium (links to PSHE Curriculum Core Theme 1: Health and Wellbeing coupled with Compulsory Health Education)

Please note that the 13th year of this 'ring fenced' grant may prove to be the final year given the Government's advanced plans to implement a third national PE and School Sports Strategy:
<https://www.gov.uk/government/news/prime-minister-meets-with-lionesses-ahead-of-the-euros-to-announce-a-new-approach-to-school-sport>

- DfE Updated Criteria: <https://www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools>
- Conditions of the Grant: <https://www.gov.uk/government/publications/pe-and-sport-premium-conditions-of-grant-2025-to-2026>
- Monitoring and Tracking: https://www.afpe.org.uk/page/WebsiteReporting_Template
- *School Allocation: <https://skillsfunding.service.gov.uk/view-latest-funding/national-funding-allocations/PSG/2025-to-2026> (Directory of new and historic Borough school-by-school allocations also listed on the homepage of <https://www.londonseprimarypehwb.co.uk>

Winter Water Safety

Water Safety is a constituent teaching requirement within BOTH PSHE (Keeping Safe) and Physical Education curricula. Furthermore, there is an expectation for ALL schools to promote health and safety as an integral element of learning. For maximum effect, please extend to upskilling parents/guardians as well as featuring key guidance during school time (e.g. stand-alone differentiated lessons across all year groups, assembly focus, corridor display etc) as well as via school newsletter and website publicity to the family environment:

Royal Life Saving Society UK

FREE Resource Link: <https://www.rlss.org.uk/pages/category/winter-water-safety>



NHS Better Health Better Families

Government Press Release: 'Almost three in five (57%) parents say their children's physical activity levels are likely to suffer a seasonal dip during autumn and winter, with cold or wet weather (60%) and darker evenings (41%) highlighted as the key barriers in new research findings.



To tackle inactivity and help families keep children moving all year-round, the Government has launched 'Let's Move!', a new campaign supported by Sport England that aims to help parents discover simple, fun, and pressure-free ways to build movement into daily life – which can start with just 10 minutes of activity.

NHS guidance recommends that children get at least 60 minutes of physical activity each day – including 30 minutes outside of school hours. Yet the new survey reveals that 81% of parents underestimate how much physical activity children need.

Link: <https://www.gov.uk/government/news/nearly-three-in-five-parents-expect-childrens-physical-activity-to-drop-this-winter-as-stars-back-new-campaign-to-keep-kids-active>

Supported by Joe Wicks, the 'Let's Move!' campaign makes staying active easy and affordable, offering ideas from kitchen discos to local activities and playground fun. It encourages families to move together. Whilst such Government endorsed initiatives as this contains activity ideas that can be utilised directly (as well as adapted) for lesson and OSHL coverage, such an initiative also needs schools to promote such resourcing to family environments to incentivise learning beyond the gates.

NHS Better Health Better Families Resource Link: <https://www.nhs.uk/healthier-families/activities/>

Joe Wicks' Top Tips (please credit to Joe Wicks, The Body Coach)

1. Make movement fun indoors: Turn everyday tasks into games – race to tidy up, dance in the kitchen while dinner's cooking, or try a quick online workout like 'Activate'. Movement doesn't need to look like 'exercise', it just needs to be fun!
2. Get outside, whatever the weather: A brisk game of tag or a trip to the park can warm everyone up and kids see it as play, not a chore. So wrap up and get out there!
3. Turn the school run into an adventure: Walk, scooter or cycle when you can. Make it playful – count dogs, race to lampposts, or invent your own challenges. It's sneaky exercise that they'll love!
4. Keep it relaxed and role model: There's so many different types of sport to try out, and remember that not every child loves competitive activities, and that's OK! Try things like frisbee, swimming or cycling. Most importantly, show them how you enjoy being active – they'll follow your lead.
5. Explore local activities: Look out for free or low-cost sessions and community events. A change of scene can spark new interests and keep things exciting.

Additional Resource Links:

BBC Bitesize PSHE

BBC Bitesize features a plethora of lesson support that is freely accessible and mapped diligently to NC subject curricula. Content is delivered via an assortment of engaging formats that includes videos, interactive activities as well as games and quizzes. Topic areas include Mental health and wellbeing; healthy friendships and relationships; diversity and inclusion; online safety and media literacy as well as financial literacy

Link: <https://www.bbc.co.uk/teach/topics/cqvyny0867zt>

The Economist Educational Foundation – Suitable for Upper KS2

Their suite of free adaptable lesson support addresses 'both pupils' current experiences and preparations for the future' as well as reflecting upon 'the universal needs of all children and young people'

1. Relationships education - respecting self & others

- Listening and responding respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own, and recognising what they have in common
- How to discuss and debate topical issues: respecting other people's point of view and constructively challenge those they disagree with

2. Living in the Wider World - media literacy

- Recognising the importance of seeking a variety of perspectives on issues
- Ways of assessing the evidence which supports those views



Link: https://talk.economistfoundation.org/lesson-bundles/pshe/?page=3&gad_source=1&gad_campaignid=22969138710&gbraid=0AAAAAA-omNyKxTJ7ilt8nqvOVyRs0RI2O&gclid=CjwKCAiAz_DIBhBJEiwAVH2XwCP1A77oh0lhqxtEsJmR9Ik1QLpBQeK3HL8dmi8ONBITP1cM-Ac-6BoC15YQAvD_BwE

Holiday Activities Programme Update

The government's holiday activities and food programme has been extended for another three years, with £600 million of funding.

The scheme, which was piloted between 2018 and 2020 and rolled out nationwide in 2021, pays for free clubs and lunches for poorer pupils during school holidays. Department for Education has said it will now run until at least March 2029.

Funding for the programmes is handed to councils, and although they are not directly overseen by schools, many clubs are held on school premises.

Amanda Hopgood, chair of the Local Government Association's children and young people board, said: "We are pleased the government has acted on our call to extend the holiday activities and food programme. This has been essential in supporting vulnerable children, offering healthy, nutritious and affordable food while also providing vital wraparound, holistic support for families."

Link: <https://schoolsweek.co.uk/holiday-activities-programme-extended-for-another-3-years/>