

Chacewater School Relationships, Sex and Health Education (RSHE/PSHE) Policy

Policy Status: Statutory

Review Cycle: Annual

Policy Lead: PSHE/RSHE Subject Leader

Approved by: LCM

Review Date: September 2026

Next Review Date: September 2027

1. Policy Statement

At Chacewater School, we recognise that Relationships, Sex and Health Education (RSHE) is an integral part of our Personal, Social, Health and Economic (PSHE) education curriculum and plays a vital role in supporting pupils' personal development, wellbeing, safeguarding and preparation for life in modern Britain.

Our RSHE (PSHE) curriculum is based upon the [Oak National Academy KS1 and KS2 RSHE \(PSHE\) Curriculum Plan](#) and is fully aligned with the statutory requirements for Relationships Education and Health Education.

We believe that effective RSHE should equip pupils with the knowledge, understanding, vocabulary and skills needed to:

- Build positive and healthy relationships.
- Develop emotional literacy and resilience.
- Make informed choices about their wellbeing and health.
- Respect diversity and difference.
- Stay safe offline and online.
- Understand their rights and responsibilities.
- Prepare for the opportunities, responsibilities and experiences of adult life.

2. Legal Framework

This policy has been developed in accordance with:

- Department for Education Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance.
- The Education Act 2002.
- The Children and Social Work Act 2017.
- Equality Act 2010.
- Keeping Children Safe in Education.
- Working Together to Safeguard Children.
- SEND Code of Practice.

At primary level:

- Relationships Education is statutory.
- Health Education is statutory.
- Sex Education beyond the National Curriculum for Science is not statutory.

3. Aims of RSHE

The aims of RSHE at Chacewater School are to enable children to:

Relationships

- Form and maintain healthy relationships.
- Understand different family structures.
- Develop caring friendships.
- Recognise respectful behaviour.
- Understand personal boundaries.
- Know how and when to seek help.

Health and Wellbeing

- Recognise and manage emotions.
- Develop positive mental wellbeing.
- Understand healthy lifestyles.
- Make informed decisions about their health.
- Build resilience and self-esteem.
- Understand and manage risk.

Online Safety

- Stay safe online.
- Recognise risks and manipulation.
- Use technology responsibly.
- Develop digital literacy.
- Know how to report concerns.

Growing Up

- Understand physical and emotional changes during puberty.
- Learn accurate scientific vocabulary.
- Develop positive attitudes towards growing up.
- Feel prepared for adolescence and transition.

4. Curriculum Intent

At Chacewater School, we aim to provide a high-quality, carefully sequenced RSHE (PSHE) curriculum that develops knowledge progressively from Year 1 to Year 6.

Through the curriculum, pupils build understanding over time whilst developing the confidence to question, discuss and evaluate a broad range of experiences relevant to their lives.

Our curriculum intends to ensure that pupils leave Chacewater School as:

- Respectful and responsible citizens.
- Confident communicators.
- Emotionally resilient individuals.
- Safe and responsible users of technology.
- Healthy and informed decision-makers.
- Inclusive and respectful members of society.

The curriculum is designed around the Oak National Academy curriculum principles.

Knowledge and Vocabulary Rich

Pupils are explicitly taught key concepts and subject vocabulary. Vocabulary is carefully sequenced and revisited to promote long-term understanding.

Sequenced and Coherent

Learning builds systematically from Year 1 to Year 6, enabling pupils to connect prior learning with new knowledge and deepen understanding over time.

Flexible

Teachers adapt examples and contexts to reflect the needs and experiences of Chacewater School pupils while maintaining curriculum integrity.

Accessible

The curriculum is designed so all pupils, including those with SEND, can access and succeed in learning.

Diverse

Pupils encounter a wide range of experiences, perspectives, cultures, communities and family structures that reflect modern Britain.

Evidence-Informed

Curriculum design and teaching approaches are informed by educational research, safeguarding guidance and statutory expectations.

5. Curriculum Threads

The curriculum is organised through five threads which create coherence and progression across the primary phase.

These threads "weave" through the curriculum and allow pupils to revisit and deepen knowledge over time.

Community

Pupils learn about:

- Identity
- Belonging
- Equality
- Diversity
- British Values
- Inclusion
- Rights and responsibilities

Progression

Year 1: Who am I? Who are you?

Year 2: Who is in my community?

Year 3: What does it mean to be British?

Year 4: How are we all different?

Year 5: How can we ensure fairness and respect for women and girls?

Year 6: How can we show respect to people of different races and cultures?

Relationships

Pupils learn about:

- Families
- Friendships

- Respect
- Bullying
- Consent
- Boundaries
- Personal safety
- Healthy relationships

Progression

Children move from understanding families and friendships in Key Stage 1 to exploring healthy relationships, peer pressure, personal boundaries and respectful behaviour in Upper Key Stage 2.

Online Safety

Pupils learn about:

- Safe online behaviour
- Personal information
- Digital citizenship
- Online communication
- Misinformation
- Algorithms and online influence
- Reporting concerns

Progression

Learning develops from basic online safety in Year 1 through to critical evaluation of online information, AI-generated content, algorithms and digital influence in Year 6.

Wellbeing

Pupils learn about:

- Emotional literacy
- Mental wellbeing
- Physical health
- Healthy lifestyles
- Safety
- Risk management
- First aid
- Substance awareness

Progression

Learning progresses from recognising feelings and developing healthy habits in Year 1 to managing change, resilience, risk, first aid and mental health awareness in Year 6.

Growing Up

Pupils learn about:

- Puberty
- Personal hygiene
- Physical development
- Emotional development
- Adolescence

Progression

Year 4 introduces puberty and menstruation.

Year 6 extends this learning to include:

- Physical changes during puberty
- Male and female development
- Emotional changes during adolescence
- Preparation for secondary school

6. Curriculum Overview

RSHE is taught by class teachers through a weekly lesson. Pupils in Key Stage 1 receive one 50-minute lesson each week. Pupils in Key Stage 2 receive one 60-minute lesson each week. This reflects the expectations of the Oak National Academy KS1 and KS2 RSHE (PSHE) curriculum and ensures sufficient curriculum time for knowledge development, discussion, reflection and retrieval of prior learning.

Key Stage 1

Wellbeing

- Emotions
- Managing feelings
- Healthy routines
- Personal health
- Keeping safe

Community

- Identity
- Respect
- Equality
- Belonging

Relationships

- Families
- Friendships
- Trusted adults
- Bullying prevention

Online Safety

- Safe sharing

- Screen time
 - Online worries
 - Seeking help
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Lower Key Stage 2

Children build upon earlier learning through:

- Emotional regulation
 - British Values
 - Family responsibilities
 - Body autonomy
 - Friendship skills
 - Conflict resolution
 - Healthy lifestyles
 - Online communication
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Upper Key Stage 2

Children develop understanding of:

- Mental health and resilience
- Equality and discrimination
- Online influence
- Healthy relationships
- Peer pressure
- Smoking and vaping
- Alcohol and drugs awareness
- First aid
- Puberty
- Transition to secondary school

7. Teaching and Learning

RSHE is delivered through high-quality, age-appropriate teaching that promotes discussion, reflection and critical thinking.

Teachers will:

- Establish and maintain clear ground rules.
- Create a safe and respectful learning environment.
- Use correct and appropriate vocabulary.
- Encourage respectful discussion.
- Challenge prejudice and stereotypes.
- Promote inclusion and equality.
- Signpost support where needed.

Teaching strategies include:

- Discussion and debate
- Scenario-based learning
- Role play
- Reflection
- Questioning
- Retrieval practice
- Case studies
- Collaborative learning

8. Inclusion and Equal Opportunities

Chacewater School is committed to providing an RSHE curriculum that is accessible to all pupils.

The curriculum:

- Promotes equality.
- Reflects protected characteristics within the Equality Act 2010.
- Celebrates diversity.
- Challenges discrimination and prejudice.
- Represents a wide range of family structures and communities.
- Supports pupils with SEND through appropriate adaptation and scaffolding.

All pupils are entitled to a broad, balanced and inclusive RSHE curriculum.

9. Safeguarding

Safeguarding is central to RSHE provision.

Through the curriculum pupils learn:

- How to keep themselves safe.
- Body autonomy and boundaries.
- Healthy and unhealthy relationships.
- Consent and respect.
- Online safety.
- How to seek support.
- The role of trusted adults.

Should a safeguarding concern arise during RSHE lessons, staff will follow the school's Safeguarding and Child Protection Policy and report concerns to the Designated Safeguarding Lead (DSL).

10. Sensitive Issues

Some RSHE content may be sensitive or personal.

Teachers will:

- Deliver content professionally and objectively.
- Establish clear discussion expectations.
- Respect pupils' privacy.
- Use age-appropriate resources.
- Respond to questions sensitively and appropriately.
- Follow safeguarding procedures where necessary.

No pupil will be required to disclose personal information.

11. Sex Education

The Oak National Academy KS1 and KS2 RSHE curriculum adopted by Chacewater School primarily delivers statutory Relationships and Health Education.

Teaching about puberty is included within the Growing Up thread and is supported by National Curriculum Science.

Any non-statutory sex education content delivered by the school will be communicated to parents in advance.

Parents have the right to request withdrawal from any non-statutory sex education content.

Parents cannot withdraw children from:

- Relationships Education.
 - Health Education.
 - National Curriculum Science.
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12. Working with Parents and Carers

We recognise parents and carers as children's first educators.

The school will:

- Share information about the RSHE curriculum.
- Inform parents when puberty education is taught.
- Provide opportunities for discussion where appropriate.
- Respond to questions and concerns professionally.
- Support parents in continuing learning at home.

We believe strong home-school partnerships enhance the effectiveness of RSHE education.

13. Assessment

Assessment in RSHE is primarily formative.

Teachers assess learning through:

- Discussion
- Questioning
- Retrieval activities
- Observations
- Reflection tasks
- Written responses where appropriate

Assessment focuses on pupils' understanding of knowledge, concepts and skills rather than personal beliefs or experiences.

14. Monitoring and Evaluation

The PSHE/RSHE Subject Leader is responsible for monitoring and evaluating the quality of provision.

Monitoring activities include:

- Learning walks

- Book scrutiny where appropriate
- Planning reviews
- Pupil voice
- Lesson visits
- Staff feedback
- Assessment information

Findings inform future curriculum development and professional learning.

15. Impact

The impact of the curriculum is demonstrated through pupils who: Know More; Remember More; Do More

- Know how to keep themselves healthy and safe.
- Can recognise and manage their emotions.
- Build positive and respectful relationships.
- Understand and respect diversity.
- Use technology responsibly.
- Demonstrate resilience and confidence.
- Make informed decisions.
- Understand personal boundaries and consent.
- Know where to seek support.
- Are well prepared for transition to secondary school and life in modern Britain.

Through the progressive structure of the Oak National Academy RSHE (PSHE) Curriculum, pupils at Chacewater School develop the knowledge, understanding, vocabulary and confidence needed to thrive academically, socially, emotionally and physically.