



Abbey Primary School
PSHE (Personal, Social, Health and Economic Education),
HWB (Health and Wellbeing) &
RSE (Relationship and Sex Education)
Policy 2025

Context

All schools must provide a curriculum that is broadly based, balanced and meets the needs of all pupils. Under section 78 of the Education Act 2002 and the Academies Act 2010, a PSHE curriculum:

- Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and
- Prepares pupils at the school for the opportunities, responsibilities and experiences of later life.

Rationale- PSHE

At Abbey our aim is to ensure we teach Personal, Social, Health and Economic Education as a whole-school approach to support children's personal development. This approach is reflected in the wellbeing elements of our Vision '25. Through our PSHE teaching and learning pupils are taught to value themselves and others, have the opportunity to discuss personal issues in a safe environment and realise how their own choices and behaviour impacts on themselves and those around them. The Kapow Programme we use offers us a comprehensive Scheme of Work which brings consistency and progression to our children's learning in this vital curriculum area.

Personal development and behaviour and attitudes, both key aspects required under the Ofsted Inspection Framework, as well as school's Safeguarding and Equality Duties, the Government's British Values agenda, wellbeing and SMSC (Spiritual, Moral, Social, Cultural) development are all integral parts of the programmes of study.

Curriculum Aims

The Kapow scheme we use at Abbey Primary School ensures we have access to the most up to date teaching materials and that our teachers are well-supported. The program covers all areas of PSHE/HWB for the primary phase including statutory Relationships and Health Education. The table below lists the learning theme of each unit which are taught at the same time from year one to year six across the school; this spiral curriculum supports learning that deepens and broadens every year.

Term	Puzzle (unit)	Content
Autumn 1	Families and relationships	Learning how to: form respectful relationships with others, deal with conflict and bullying and the importance of challenging stereotypes.
Autumn 2	Health and wellbeing	Learning strategies for looking after their mental and physical health, including healthy eating, relaxation techniques, sun safety, immunisation facts and the benefits of sleep.
Spring 1	Citizenship	Learning about human rights and the rights of the child, democracy, diversity and community and protecting the environment.
Spring 2	Safety and the changing body	Learning: how to administer first aid in a variety of situations and about safety around medicines, online and road safety and the changes which occur during puberty.

Summer 1	Economic wellbeing	Learning how to make decisions when it comes to spending, budgeting and saving money and exploring different career choices.
Summer 2	Transition	Includes what is transition, dealing with change, coping strategies, roles and responsibilities within our changing environment.
	Identity (Year 6 only)	Considering what makes us who we are whilst learning about body image.

At Abbey primary School, we allocate one lesson per week to PSHE/HWB where the knowledge and skills are delivered in a sequential and age-appropriate way.

At Abbey Primary School we aim to use our PSHE lessons to:

- Develop confidence, independence and for the children to take responsibility for themselves and their actions.
- Prepare them to play an active role as citizens.
- Develop a healthy, safe lifestyle including the physical and emotional aspects.
- Develop good relationships and respect the differences between people.
- Have worthwhile and fulfilling relationships, within which they are able to communicate their ideas and feelings.
- Value and make the most of their own and others' abilities.
- Express their opinions and understand that others' opinions may differ from their own.
- Explore values, morals and beliefs.
- Explore how all actions have outcomes for themselves and others.
- Develop a positive attitude towards themselves, their peers and the wider school community.
- Learn about the physical changes they will go through on their journey to adulthood.
- Help pupils move more confidently and responsibly into adolescence.
- Help pupils to learn about the full range of different relationships in modern Britain.
- Help pupils to keep themselves safe from inappropriate behaviour.

Consent

At a basic level, consent means asking for, and waiting to hear, a 'yes'. Consent is seeking and giving permission. School-age children are never too young to learn this in ways that make sense to them. Borrowing toys or hugging their friend, all require consent. Linking permission-seeking to physical contact is an important part of safeguarding children. Children need to be taught about boundaries, saying no to unwanted touch and seeking help when they are worried or upset by anything they have been asked to do or by how they have been touched. Relationships, Sex and Health Education for primary schools contains several objectives which are linked to:

- Boundaries.
- Privacy and keeping secrets.
- Inappropriate or unsafe contact.
- Recognising feelings of being unsafe.
- Asking for help.
- Reporting concerns.

These objectives are compulsory and must be covered adequately through a spiral curriculum (such as Kapow) ensuring that important information isn't missed by any children or forgotten after a one-off lesson. Children at Abbey Primary are told they can say 'stop' to any behaviour that makes them uncomfortable for whatever reason. They are under no obligation to explain why, and their views and wishes will be respected.

RSE

From September 2020, Relationships and Health Education are compulsory in all primary schools in England. For primary aged children this includes curriculum content under two headings: sex education and health education. At Abbey Primary School, we have reviewed our PSHE/HWB curriculum to make sure that our lessons meet the requirements that the government has set out for the content of Relationships and Health Education. The DfE recommends, 'that all primary schools should have a Sex Education programme tailored to the age and the physical and emotional maturity of the pupils.' This is taught through our Kapow PSHE/HWB programme; delivered through the 'Safety and the changing body' unit which are covered in Spring 2. Each year group will be taught content which is appropriate to their age and developmental stage. Individual children or classes will not get answers to questions if it is outside the remit of that year group's programme. RSE is not about the promotion of sexual activity.

Below is a summary of RSE coverage within the Kapow scheme for each year group:

- Year 1 – Appropriate contact.
- Year 2 – Body parts and respecting privacy (which parts of the body are private and why this is).
- Year 3 – How babies grow and how boys' and girls' bodies change as they grow older.
- Year 4 – Introducing puberty. External changes to the body.
- Year 5 – Puberty for boys and girls, physical and emotional changes of puberty and menstruation.
- Year 6 – Puberty for boys and girls, physical and emotional changes of puberty and understanding conception, pregnancy and the birth of a baby.

Information regarding the content taught and key vocabulary can be found in appendix 1.

Relationships Education

Relationships Education is designed to help children to have positive and safe relationships with family, friends and online. All primary schools are required by the government to teach Relationships Education. The curriculum covers:

- Families and people who care for me.
- Caring friendships.
- Respectful relationships.
- Online relationships.
- Being safe.

Health Education

Health Education supports the development of personal health and wellbeing. Children will learn about keeping safe and well and who to talk to if health issues arise for themselves or others. The curriculum covers:

- Mental wellbeing.
- Internet safety and harms.
- Physical health and fitness.
- Healthy eating.
- Drugs, alcohol and tobacco.
- Health and prevention.
- Basic first aid.
- The changing adolescent body.

The DfE guidance clearly states the statutory requirements, i.e. what children MUST be taught by the end of primary school. Health Education includes learning about 'the changing adolescent body' to equip children to understand and cope with puberty. The National Curriculum for Science (also a compulsory

subject), includes learning the correct names for the main external body parts, learning about the human body as it grows from birth to old age and reproduction in some plants and animals (which includes human beings). Relationships Education, Health Education and Science are compulsory subjects.

Sex Education

The DfE Guidance 2019 (p.23) recommends that all primary schools 'have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. However, 'Sex Education is not compulsory in primary schools' (p. 23) and schools are to determine the content of sex education at primary school. Sex education 'should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born'. At Abbey Primary School, we believe children should understand the facts about human reproduction before they leave primary school, we teach this to our boys and girls separately, following the Kapow guidance as part of the unit titled Safety and the changing body.

Parents' right to request their child be removed from Sex Education

"Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education (DfE Guidance p.17). At Abbey Primary School, puberty is taught as a statutory requirement of Health Education. We conclude that sex education refers to Human Reproduction and therefore inform parents of their right to request their child be withdrawn from the PSHE lessons that explicitly teach this. The Kapow Primary scheme of work includes two Year 6 lessons which parents have the opportunity to withdraw their children from all/part of the lesson: Safety and the changing body: Lesson 5: Conception and Lesson 6: Pregnancy and birth. We are of course happy to discuss the content of the curriculum and invite you to contact the school to discuss this if you would like. Parents will be asked to put in writing a request for their child to be withdrawn from these two lessons.

Assessment, recording and reporting

Here at Abbey Primary School, we value the links to oracy that our PSHE curriculum allows. We feel the most valuable part of our PSHE lessons are the discussions, debates and conversations which afford our children the opportunity to develop a balanced and in depth understanding of all matters related to their emotional, physical and mental health and development. We aim to nurture our children to support their emotional literacy and holistic personal development.

All teachers will:

- Present RSE & PSHE/HWB as a meaningful, relevant, thoughtful and practical subject with applications to everyday experiences.
- Have opportunities for children to explore, discover and solve problems, both independently and co-operatively.
- Provide a stimulating environment in which to learn, using a variety of complementary resources such as videos and visual prompts.
- Use questions to promote independent and group discussions on given topics allowing sufficient time for dialogue and discussion.
- Use the Kapow scheme of work to plan RSE & PSHE/HWB lessons, with a variety of creative activities, drama, circle time, and opportunities for discussion, in which the activities challenge all children and enable to develop their personal attributes.
- Follow Kapow's spiral curriculum plans to ensure progression and continuity for all children.
- Refer a child to our ELSA (Emotional Literacy Support Assistants) if considered appropriate.

Use of ICT

At Abbey Primary School we will use information and communication technology to enhance the teaching and learning, wherever appropriate, in all key stages.

Equal Opportunities and Inclusion

Abbey Primary School seeks to provide a differentiated curriculum which is sufficiently broad, balanced and relevant to meet the needs of each pupil and ensure quality of access to all. Children are encouraged to reflect on their own views and the views of those around them, to always be respectful and to learn from their mistakes.

We will be sensitive to all issues surrounding different racial and ethnic groups and will be aware of the different cultures from which the children come. It is important that all children and adults in the school understand and value the skills and attributes of others.

Pupils with special educational needs will be catered for relative to their support plan or EHCP.

Role of the Subject leader

The subject leader will:

- Lead and manage RSE & PSHE/HWB within the school.
- Provide a good role model in the teaching of RSE & PSHE/HWB.
- Support, guide and motivate colleagues in the teaching and planning.
- Monitor and evaluate planning and children's work to ensure curriculum coverage, consistency, progression and standards.
- Evaluate the effectiveness of teaching and learning in RSE & PSHE/HWB in the school, use this analysis to identify effective practice and areas for improvement and act to further improve the quality of teaching.
- Inform newly appointed colleagues of school policy and practices.
- Establish staff and resource needs.
- Attend appropriate training.
- Be aware of developments.

Resources

- Kapow Scheme of work- online resource