



PSHE/RSE

Kapow Primary scheme takes a spiral approach to the PSHE/RSE curriculum and therefore all areas will be revisited and further developed in the subsequent year group.

What is PSHE?

PSHE is Personal, Social, Health and Economical education. It is an essential part of all student's education, and although not a statutory subject the national curriculum emphasises the important of teaching PSHE across all year groups from EYS upwards.

A good PSHE curriculum allows young people to learn the skills they may need to navigate the 21st Century; respectfully, inclusively and knowledgeably which will allow them to grow into worldwide citizens.

PSHE education will cover topics such as families and what they might look like, those who care for us, friendships (face to face and digitally), respecting others, what it is like to be part of a community, life skills such as basic first aid and how to manage money, how to make healthy choices: exercise, healthy eating, mindfulness and relaxation.

How we live today is very different from how the world was 20 years ago, we must support young people to help them make informed decision on how to keep themselves safe. In this current climate this is particularly relevant to digital safety, cyber bullying and our mental health.



As a primary school, what do we have to teach?

The Dept of Education in September 2020 decided that all primary age children would be taught Relationships and Health Education. The subjects would help children gain the knowledge they needed to make informed decisions about their wellbeing, health and relationships as well as prepare them for adult life. Sex education is not compulsory and you can withdraw your child from these lessons, however: puberty, naming external body parts, human development from birth to old age, reproduction in animals must be taught to all children because they are included in the Science National Curriculum.

The D of Ed recommends that 'all primary schools should have a Sex Education programme tailored to the age and physical and emotional maturity of the pupils. It should prepare boys and girls for the 'changes that adolescence brings'.

At our school we believe that teaching RSE supports students ongoing emotional and physical development as they transition to secondary school. We therefore teach RSHE education as part of our wider PSHE curriculum through our Kapow programme of study. It also provides a broad PSHE curriculum to help further develop our children's life skills.

The Kapow programme fulfils the statutory requirements, laid out by the D of Ed for RSHE.



Relationships and Health Education

The Department for Education guidance for primary school children:

Relationships Education

Relationships Education lays the foundation for health and secure connections, both offline and online, with friends, family and the general public. Your child will learn what it means to be in a relationship, what a friendship is, what family is and who their supporters are. Your child's school will discuss how to treat others with kindness, thoughtfulness and respect in a manner that is appropriate for their age.

Health Education

The goal of health education is to equip your child with the knowledge they need to make sensible decisions about their own health and wellbeing, to identify problems in both themselves and others and to seek help as soon as possible when problems do occur.



Rights as a parent

As a parent you have a right to:

- know what our school policy is on Relationships and Health Education
- know what will be covered in PSHE/RSE lessons by our school
- see the resources used by our school to teach PSHE/RSE
- withdraw your child from Sex Education (conception, pregnancy and birth) lessons in our school.



It is important that all children receive Physical, Social and Health Education that covers topics such as friendships and how to stay safe. Therefore, parents cannot withdraw their child from these lessons.

However, our primary school also chooses to teach age appropriate sex education using the Kapow programme, (parents will be invited to a meeting before these lessons to discuss the content) and parents can withdraw their child(ren) from these lessons if they feel the need to do so. A request to the headteacher must be put in writing for it to be granted.

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.



Our School, PSHE and Kapow

At All Saints we take PSHE/RSE education very seriously and believe that all children from EYFS to Y6 should experience well taught, well-resourced lessons and this is why we have joined with the Kapow programme to help deliver this part of our curriculum.

A spiral curriculum

Kapow Primary's RSE and PSHE scheme of work has been designed as a spiral curriculum with the following key principles in mind:

- ✓ **Cyclical:** Pupils revisit the five key areas throughout KS1 and KS2.
- ✓ **Increasing depth:** Each time a key area is revisited, it is covered with greater depth and increasing maturity.
- ✓ **Prior knowledge:** Upon returning to each key area, prior knowledge is utilised so pupils can build on previous foundations, rather than starting again.



Teaching PSHE informs our pupils about growing up, how to deal with different emotions and feelings, how their body changes, how to keep healthy. E safety and basic first aid. Specific vocabulary learnt in the lessons allows them to keep their bodies safe and empowers them to communicate any concerns they might have. It helps them to understand who they can talk to about anything affecting them, their family or friends. At All Saints we believe in building on the knowledge they learn from EYFS through the years until they move onto secondary school, equipping them with life skills.

Pupils from EYFS to Year 6 are taught age appropriate information that has been designed to promote discussion and critical thinking. Our teaching very often links to the Science Curriculum and other subjects/topics.

Parents and carers will be informed by letter about RSE (Relationships and Sex Education) and what will be taught in each year group. A meeting with Y5/6 parents will also be held in January of each year to discuss the content of those lessons that parents can withdraw their children from. Those children withdrawn will be given work of a different nature in another classroom.



If you wish to see our timetables for the school year please enquire at the school office.

The timetable covers Reception to Year 6. Our children will usually receive one PSHE/RSE lesson per week.

(Please note that reception units have not been organised into Cycle A and Cycle B because they follow the EYFS framework, rather than the statutory guidance for RSE, like our other year groups.)

