



Egerton Primary School

PSHE and RSE POLICY

**Personal, Social, Health and Economic
Education Relationship and Sex Education**

Approved by:	Governing Body & Head Teacher
Last reviewed on:	January 2026
Next Review:	January 2028

Rationale and Context

All schools are required to provide a curriculum that is broad, 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 and of society.
- Prepares pupils for the opportunities, responsibilities, and experiences of later life.

At Egerton Primary School, Personal, Social, Health, and Economic (PSHE) education is delivered through a carefully planned whole-school approach that supports children's personal development, emotional wellbeing, and capacity to learn. PSHE plays a central role in enabling pupils to become confident, healthy, respectful, and responsible members of society.

We use the Kapow Primary RSE & PSHE Scheme of Work, a comprehensive and carefully sequenced curriculum that ensures progression, consistency, and high-quality teaching across all year groups. This approach aligns with the Ofsted Inspection Framework, particularly the Personal Development and Behaviour and Attitudes judgements. It contributes directly to the school's safeguarding responsibilities, equality duties, and commitment to promoting Fundamental British Values and SMSC (Spiritual, Moral, Social, and Cultural) development.

Statutory Relationships and Health Education

The Relationships Education, Relationships and Sex Education (RSE), and Health Education (England) Regulations 2019 make Relationships Education compulsory for all primary-aged pupils and Health Education compulsory for all state-funded schools. PSHE continues to be compulsory in independent schools.

Children today grow up in an increasingly complex world, both online and offline. They need structured opportunities to develop the knowledge, skills, and attitudes that will enable them to:

- Stay safe and healthy.
- Maintain positive, respectful relationships.
- Manage their academic, personal, and social lives effectively.

Kapow Primary ensures full coverage of the statutory guidance and is fully aligned with the PSHE Association Programme of Study. The curriculum is spiral in design, revisiting key themes in increasing depth from the Early Years Foundation Stage through to Year 6, allowing pupils to build securely on prior learning.

This PSHE policy is informed by current DfE guidance and statutory requirements, including:

- Keeping Children Safe in Education
 - Respectful School Communities: Self-Review and Signposting Tool
 - Behaviour and Discipline in Schools
 - Equality Act 2010
 - SEND Code of Practice: 0–25 years
 - Mental Health and Behaviour in Schools
 - Preventing and Tackling Bullying, including cyberbullying
 - Sexual violence and sexual harassment between children in schools
 - Equality and Human Rights Commission advice and guidance
 - Promoting Fundamental British Values as part of SMSC
-

Safeguarding, Confidentiality and Disclosures

PSHE and RSE lessons may lead to pupils disclosing information about themselves or others. At Egerton Primary School, safeguarding is our highest priority, and all staff are trained to manage disclosures sensitively and appropriately.

Staff will:

- Create a safe, respectful learning environment in which pupils feel able to ask questions and express concerns.
- Make it clear to pupils that confidentiality cannot be promised and that information may need to be shared to keep them or others safe.
- Follow the school's Safeguarding and Child Protection Policy and statutory guidance outlined in Keeping Children Safe in Education at all times.
- Report any safeguarding concerns or disclosures immediately to the Designated Safeguarding Lead (DSL) or Deputy DSL.

Where concerns relate to peer-on-peer abuse, sexual harassment, or harmful sexual behaviour, staff will follow the school's safeguarding procedures and respond in line with statutory guidance and local authority expectations.

Curriculum Overview – Whole-School Approach

Kapow structures PSHE and RSE into five core areas, with an additional Identity unit taught in Year 6:

Family and Relationships

Forming respectful relationships, understanding families and friendships, dealing with conflict and bullying, and challenging stereotypes.

Health and Wellbeing

Strategies to support mental and physical health, including healthy eating, relaxation techniques, sun safety, immunisation, sleep, and emotional regulation.

Safety and the Changing Body

First aid, personal safety (including medicines, online and road safety), puberty, and physical changes.

Citizenship

Human rights, democracy, diversity, community engagement, and environmental responsibility.

Economic Wellbeing

Money management, budgeting, saving, understanding value, and early career exploration.

Identity (Year 6 only)

Understanding self, body image, self-esteem, and personal identity.

PSHE is taught weekly by class teachers, following Kapow's long-term plan, and is reinforced through assemblies, school values, pupil voice opportunities, and positive daily interactions across the school.

Relationships Education

By the end of primary school, pupils will understand:

- Families and people who care for them.
- Caring friendships.
- Respectful relationships.
- Online relationships.
- How to keep themselves safe.

Relationships Education is delivered primarily through the Family and Relationships unit and is reinforced through learning in Citizenship and Safety and the Changing Body.

Health Education

By the end of primary school, pupils will have covered:

- Mental wellbeing.
- Internet safety and online harms.
- Physical health and fitness.
- Healthy eating.

- Drugs, alcohol, and tobacco awareness.
- Health and prevention.
- Basic first aid.
- The changing adolescent body.

Health Education is delivered through the Health and Wellbeing and Safety and the Changing Body units, with puberty education beginning in Year 4.

Parental Consultation and Right to Withdraw

Egerton Primary School recognises the vital role parents and carers play in their children's personal development and wellbeing. The school is committed to working in partnership with families when delivering PSHE and RSE.

- Parents are informed about the PSHE and RSE curriculum and can access curriculum overviews and resources through school communications and the Kapow Parent Guidance.
- Parents may request to view teaching materials and discuss content with the PSHE subject leader or senior leaders.
- Parents have the right to withdraw their child from non-statutory Sex Education lessons (Year 6 conception, pregnancy, and birth), in line with DfE guidance.
- There is no right to withdraw from Relationships Education or Health Education, which are statutory.

Any parental concerns are considered carefully and respectfully, with the school balancing parental views alongside its legal duty to safeguard pupils and promote equality.

Safe and Respectful Learning Environment

All PSHE and RSE lessons are delivered within a safe, supportive, and inclusive classroom environment. To ensure this:

- Lessons are underpinned by clear ground rules agreed with pupils.
- Staff use age-appropriate language and accurate scientific terminology.
- Teaching makes use of distancing techniques, such as scenarios and case studies, rather than encouraging pupils to share personal experiences.
- Pupils are encouraged to ask questions, which are managed sensitively to ensure appropriateness for the whole class.

This approach supports pupils' emotional safety and ensures learning is respectful, purposeful, and inclusive for all.

Age-Appropriate RSE Content

Ages 5–6

- Acceptable and unacceptable physical contact.
- Differences between boys' and girls' bodies.
- Scientific names for body parts.

Ages 8–9

- Physical changes during puberty.
- Understanding development from child to adult.

Ages 9–10

- The menstrual cycle and other puberty-related changes.
- Emotional changes during puberty.

Ages 10–11

- Further development of puberty changes.
- The biology of conception (parental right to withdraw).
- Baby development and birth (parental right to withdraw).

All lessons use scientific terminology and child-friendly explanations appropriate to pupils' age and maturity.

Assessment

Assessment in PSHE is used to inform teaching, support progression, and identify pupils who may need additional support.

Assessment methods include:

- Retrieval and recall activities at the start of lessons.
- Knowledge catchers and reflective tasks at the beginning and end of units.
- Quizzes to assess understanding of key concepts.
- Ongoing teacher observation, discussion, and professional judgement.

Assessment outcomes are used to:

- Identify misconceptions or gaps in learning.
- Adapt teaching to meet the needs of individuals and groups.
- Provide additional support for pupils with SEND or those requiring targeted intervention.

PSHE is not assessed through formal testing but through pupils' understanding, engagement, and ability to apply learning in real-life contexts.

Equality, Inclusion and SEND

Egerton Primary School is committed to ensuring that PSHE and RSE are inclusive, accessible, and relevant to all pupils.

The curriculum:

- Promotes respect for all individuals and actively challenges discrimination and prejudice.
- Reflects the protected characteristics outlined in the Equality Act 2010, including sexual orientation and gender identity.
- Represents diverse families, relationships, cultures, and communities.
- Is adapted where necessary to support pupils with SEND, using strategies such as visual supports, pre-teaching of vocabulary, and differentiated activities.

LGBTQ+ relationships and identities are embedded naturally within relevant units, including Families and Relationships, Citizenship, and Identity, rather than being taught as a stand-alone topic.

Monitoring and Review

The effectiveness of PSHE and RSE provision is monitored to ensure high-quality teaching and positive outcomes for pupils.

- The Governing Body reviews this policy every two years.
- The Curriculum Committee monitors curriculum coverage, progression, and impact.
- Subject leaders evaluate teaching and learning through lesson visits, pupil voice activities, and staff feedback.
- Parental feedback is considered as part of the ongoing review process.

This policy will be updated in response to changes in statutory guidance, school priorities, or identified areas for development.

Supporting Documents

- Kapow Primary Long-Term Plan
- Kapow Parent Guidance

- Kapow Progression of Knowledge and Skills Document
- DfE Guidance: Relationships Education, Relationships and Sex Education (RSE), and Health Education (2019)

School-held documents:

- Kapow Long Term Plan Example: [Year 3 2526\PSHE\Kapow LTP.pdf](#)
- Kapow Parent guidance: [Kapow Parents' guide.pdf](#)
- Kapow progression of knowledge and skills document: [RSE and PSHE progression of skills and knowledge.pdf](#)
- DfE Guidance: Relationships Education, Relationships and Sex Education (RSE) and Health Education (2019): [Relationships Education RSE and Health Education.pdf](#)