



**Egerton
Primary School**

PSHE and RSE POLICY

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

Approved by:	Governing Body
Last reviewed on:	September 2025
Next Review:	September 2027

Egerton Primary School

PSHE & RSE Policy

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 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 whole-school approach to support children's personal development, wellbeing, and learning capacity.

We use the **Kapow Primary RSE & PSHE Scheme of Work**, a comprehensive and carefully sequenced curriculum that ensures progression and consistency across all year groups. This aligns with the **Ofsted Inspection Framework** for Personal Development and Behaviour and Attitudes, contributes to Safeguarding and Equality Duties, and embeds the Government's **British Values agenda** 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 pupils and Health Education compulsory for all state-funded schools. PSHE continues to be compulsory in independent schools.

Children today grow up in a complex world, both online and offline. They need the knowledge and skills to:

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

Kapow Primary ensures full coverage of the statutory guidance, aligned with the PSHE Association Programme of Study. The curriculum is spiral in design, revisiting key themes in increasing depth from EYFS to Year 6.

Our PSHE policy is informed by existing 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 to 25 years
 - Alternative Provision
 - 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
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Curriculum Overview

Whole-School Approach

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

Unit	Content
Family and Relationships	Forming respectful relationships, dealing with conflict and bullying, challenging stereotypes.
Health and Wellbeing	Strategies for mental and physical health, healthy eating, relaxation techniques, sun safety, immunisation, sleep benefits.
Safety and the Changing Body	First aid, safety (medicines, online, road), puberty and physical changes.
Citizenship	Human rights, democracy, diversity, community, and environmental protection.
Economic Wellbeing	Money management, budgeting, savings, and career exploration.
Identity (Year 6 only)	Understanding self, body image, and personal identity.

PSHE is taught weekly by **class teachers**, following Kapow's long-term plan, and reinforced through assemblies, school values, and 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
- Being safe

Kapow delivers this primarily through **Family and Relationships**, reinforced in **Citizenship** and **Safety and the Changing Body** units.

Health Education

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

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

Kapow delivers this through **Health and Wellbeing** and **Safety and the Changing Body**, with puberty education beginning in Year 4.

Sex Education

While Sex Education is **not compulsory** in primary schools beyond the Science National Curriculum, Egerton Primary believes pupils should understand human reproduction before leaving primary school.

- **Statutory Science coverage:** Life cycles, reproduction in animals and plants, puberty.
- **Kapow additional lessons (Year 6):** Conception, Pregnancy, and Birth.

Parents are informed prior to these lessons and have the right to withdraw their child, in line with DfE guidance.

RSE and Sexual Harassment (Year 2)

Kapow Primary addresses sexual harassment through age-appropriate lessons, covering:

- Recognising unhappy friendships
 - Understanding stereotypes
 - Difference between secrets and surprises
 - Concept of privacy and correct body part terminology
 - Safe and unsafe touches
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Age-Appropriate RSE Content

Ages 5–6:

- Acceptable/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:

- Menstrual cycle and other puberty changes
- Emotional changes during puberty

Ages 10–11:

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

All lessons use **scientific terminology** and child-friendly explanations.

Assessment

Kapow provides multiple assessment methods:

- Recap and recall at lesson start
- Knowledge catchers (mind maps, tables) at unit start and end
- Quizzes to track understanding
- Teacher observation and discussion

These tools help identify gaps and ensure progression.

Equality and Inclusion

This policy informs the school's **Equalities Plan**. Schools must meet the needs of all pupils and promote equality and respect. Egerton Primary:

- Promotes respect for all and values each child
 - Respects differing beliefs while delivering Relationships, Health, and Sex Education
 - Reflects **Equality Act 2010**, including LGBTQ+ inclusivity
 - Embeds LGBTQ+ awareness into relevant units (Families & Relationships, Citizenship, Identity) rather than treating it as a stand-alone topic
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Monitoring and Review

- The **Governing Body** reviews this policy every two years.
 - The **Curriculum Committee** monitors implementation and considers parental feedback.
 - Governors review teaching materials to ensure alignment with the school ethos.
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Supporting Documents

- Kapow Long-Term Plan
- Kapow Parent Guidance
- Kapow Progression of Knowledge and Skills Document
- DfE Guidance: Relationships Education, RSE, and Health Education (2019)

Supporting Documents

Kapow Long Term Plan: [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](#)