



Old Hutton CE Primary School

## **RHE Curriculum Intent Statement**

Through accessing our RHE curriculum from EYFS to Y6, our pupils will progressively build the knowledge and skills which will:

- prepare them for life in modern Britain by teaching the three core themes: Health and Wellbeing, Relationships and Living in the Wider World.
- build good understanding about the benefits and importance of daily exercise, good nutrition and sufficient sleep, giving them the language and knowledge to understand the normal range of emotions that everyone experiences. Pupils are encouraged to articulate how they are feeling, develop the language to talk about their bodies, health and emotions and judge whether what they are feeling and how they are behaving is appropriate and proportionate for the situations that they experience.
- enable them to develop a positive two-way relationship between good physical health and good mental health, and understand the benefits to mental wellbeing of physical exercise and time spent outdoors. Pupils are taught the benefits of hobbies, interests and participation in their own communities, as well as the benefits of rationing time spent online and the risks of excessive use of electronic devices.

Set in the context of our Old Hutton School **Whole Curriculum Intent Overview Statement and Guarantee to Learners**, the detail of our own Old Hutton School RHE Curriculum and how learning for our pupils progresses from EYFS to Y6 is described in the following documents:

- **RHE in EYFS**
- **RHE Long Term Planning and Assessment KS1 & KS2 (Y1-Y6)**

These documents include the EYFS Framework 2021 and National Curriculum (2013 & updates) statutory requirements and are informed by the Relationships and sex education (RSE) and health education DFE Guidance and the PSHE Association. Progression is shown and assessed through KS1 and KS2 via the Milestones of learning to be reached (Milestone 1 = Y1/2, Milestone 2 = Y3/4, Milestone 3 = Y5/6); these Milestones are ambitious and aspire towards acquisition of mastery and depth of learning in each aspect of the subject. The EYFS and Long Term Planning and Assessment documents clearly set out the content of teaching and learning in the subject; are used by teachers to plan lessons to progressively build knowledge and skills; and used by teachers and learners to assess the depth of learning acquired.

*For more information about our curriculum, examples of the implementation of our planning and demonstration of its impact through pupils' work, please get touch with us in school via:*

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