



RSE Curriculum Statement

Relationships and Sex Education (RSE) is a central component of our wider PSHE curriculum and contributes significantly to pupils' personal development, behaviour, and welfare.

Our inclusive curriculum is designed to ensure that all pupils develop the knowledge, skills, and attributes needed to form positive, respectful relationships, stay safe, and understand their own physical and emotional development. It is sequenced progressively across both key stages and delivered using age-appropriate language and content.

Pupils are explicitly taught about kindness, respect, boundaries, and friendship. This supports the development of empathy, promotes positive behaviour, and contributes to a reduction in bullying. Safeguarding is a key priority: pupils learn about personal boundaries, consent (in an age-appropriate context), and how to recognise and respond to unsafe situations. As a result, pupils know how to seek help and identify trusted adults.

The curriculum places a strong emphasis on emotional literacy. Pupils learn to recognise, understand, and manage their emotions, which supports their mental health, wellbeing, and resilience. They are also taught to understand and respect difference, including the diversity of families and relationships, fostering an inclusive school culture.

We ensure that pupils are well prepared for the modern world through teaching on online relationships, online safety, and the risks associated with misinformation.

Curriculum Implementation

The RSE curriculum is structured around five key areas, in line with statutory guidance:

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

Within these strands, pupils are taught the fundamental building blocks of positive relationships. Content is carefully sequenced to build knowledge over time and prepare pupils for the next stage of education.

Key content includes:

- Physical health and mental wellbeing
- Healthy lifestyles (including healthy eating and fitness)

- Health protection and basic first aid
- Personal safety (including road, water, and fire safety)
- Online wellbeing and safety
- Substance education (Year 6)
- Puberty and changing bodies (Years 5 and 6)
- Sex education (Year 6)

Pupils are taught correct anatomical terminology to ensure clarity, support accurate understanding, and enable effective safeguarding disclosures.

Teaching, Staff Expertise and Resources

RSE is led by Mme Basnett, with additional expertise from Mrs Hagues; both hold recognised RSE training. All staff receive ongoing professional development to ensure subject knowledge is current and delivery is effective.

A range of high-quality, age-appropriate resources are used, including materials from the NSPCC, BBC Bitesize, Kapow Primary, and the PSHE Association. External providers, including first responders, medical professionals from the University of Oxford, and Childnet, enhance curriculum delivery.

In Key Stage 1, teaching approaches include storytelling, role play, and structured play-based learning to support understanding and engagement.

Impact

As a result of our RSE curriculum:

- Pupils demonstrate respectful behaviour and positive relationships with peers and adults.
- Pupils understand how to keep themselves safe, including online.
- Pupils can identify trusted adults and know how to report concerns.
- Pupils show increasing emotional literacy and resilience.
- Pupils respect diversity and understand that families and relationships may differ.

The wider school culture reinforces these outcomes. Assemblies promote school and British values, and pupils are recognised for demonstrating these through Values Awards and the Golden Book.

Pupil voice is prioritised. All pupils understand and can apply the “Steps to Stop” strategy. Systems such as the Worry Box and access to trusted adults, class representatives, and House Captains ensure that pupils feel safe, heard, and supported.