



Amberley CE Primary School



St. James' CE Primary School,  
Coldwaltham



## Enabling every child to thrive and succeed

**At Arun Villages Federation, we care for EVERYONE. We embrace challenges and all opportunities to learn, recognising the value of education and persevering even when it feels difficult.**

**We are uncompromising in our aspirations, proud of our – and each other's - achievements and look forward to embracing the experiences the wider world offers.**

**Respect, Kindness, Honesty, Positivity and Teamwork**

# **RHE - Relationships and Health Education (including Sex Education)**

## **Intent**

Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. At Arun Villages Federation, we want our RHE curriculum to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy. We hope that by providing the pupils of our federation with a high-quality resource from Discovery Education, they will feel readily equipped to manage their academic, personal and social lives in a positive way.

We aim to:

- Equip our children with the skills, knowledge and personal attributes, which will enable them to make informed, decisions about their wellbeing, health and relationships as well as prepare them for a successful adult life;
- Build children's self-efficacy and resilience;
- Develop personal attributes including kindness, honesty, positivity, teamwork and respect.

We want our children to experience a wealth of opportunities for learning about themselves, their community and the wider world.

## **Implementation**

The Relationships Education and Health Education (England) Regulations 2019, make Relationships Education compulsory for all pupils receiving primary education. These statutory requirements form the basis of our RSHE curriculum. At AVF, our Relationships and Health Education curriculum puts in place the building blocks that our pupils need in order to develop positive and safe relationships, including with family, friends and online. We teach our pupils what a relationship is, what friendship is, what family means and who can support them. By the end of KS2, our pupils will have been taught content on families and people who care for me, happy and healthy friendships, caring and responsibility, healthy minds and bodies, respectful relationships, online relationships, mental wellbeing, basic first aid, changing adolescent body and being safe.

At AVF, our Sex Education curriculum is based on the statutory primary science curriculum. Our RSHE policy was developed by and in consultation with: RSHE Coordinator and working party consisting of staff, parents and governors. In this federation, we have decided that it is important to include aspects of the sex education curriculum to educate the children in our community for adulthood (and for secondary school) in their last year(s) of primary school. This will be taught in Year 6 in a timely manner.

Our Relationships and Health Education is taught throughout the whole school curriculum. This includes within, Science, PE, Computing and some aspects are included in RE. Our PSHE curriculum is based on the E4S Four Cornerstones and the Discovery Education programme. We use a spiral curriculum where the RSHE Units are revisited on a two-yearly cycle. At AVF, we also acknowledge that RSHE does not just exist within the curriculum. We offer a wide range of activities and experiences beyond the curriculum in which pupils contribute to the life of the school, the community and the society. We understand our responsibility to deliver a high quality, age appropriate relationship and health curriculum for all our pupils. We are aware that the curriculum must be taught sensitively and inclusively, with respect to the backgrounds and beliefs of pupils and parents while always with the aim of providing pupils with the knowledge they need.

At AVF, we understand the important role parents play in enhancing their child's understanding of relationships and health. The school works closely with parents by establishing open communication. Parents are consulted and provided with information on the content of the relationships and health curriculum, the delivery of the relationships and health curriculum, including what is taught in each year group, the legalities surrounding withdrawing their child from the subjects and the resources that will be used to support the curriculum.

At AVF, pupils are taught RSHE as part of a timetabled RHE programme. We use the Discovery Education and Zones of Regulation programmes. The Discovery Education programme is divided into 6 units for both KS1 and KS2. The units from each year group are then taught over a period of two years. The core themes are revisited throughout the cycle in each year. The EYFS curriculum uses the Nurturing programme throughout the year and is repeated each year. Our RHE learning includes a range of activities that are selected are based on our pupil and community needs.

## **Impact**

Our RSHE curriculum provides all children at AVF with the opportunity to develop as a person. Children will leave our school able to form safe and meaningful relationships, with the essential understanding of how to be healthy and the capability to take care of themselves and seek support if problems arise. Our Curriculum vision states the importance of enabling every child to thrive and succeed. The knowledge, skills, attributes and experiences gained from our RSHE curriculum will support their own and others' wellbeing, their attainment as well as guide them towards becoming successful and happy adults who make a meaningful contribution to society. Our children will demonstrate that they are respectful and have a positive attitude towards themselves, the community and the world they live in.

## RHE Overview – Whole School Cycle A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>						
<b>Years 1 and 2</b>	<p>(Y1) Making Friends and Getting Along.</p> <ol style="list-style-type: none"> <li>1. Friends</li> <li>2. Kindness</li> <li>3. Getting along, sharing and turn taking</li> </ol>	<p>(Y1) Recognising strengths and respecting differences.</p> <ol style="list-style-type: none"> <li>1. I am special</li> <li>2. Who I am makes me unique</li> <li>3. We don't all feel the same way</li> </ol>	<p>(Y1) Our Special People.</p> <ol style="list-style-type: none"> <li>1. My special people</li> <li>2. How our special people care for us</li> <li>3. Keeping safe</li> </ol>	<p>(Y1) The importance of family.</p> <ol style="list-style-type: none"> <li>1. My family</li> <li>2. Our families</li> <li>3. Superhero families!</li> </ol>	<p>(Y1) Amazing bodies.</p> <ol style="list-style-type: none"> <li>1. My amazing body</li> <li>2. Private body parts (introducing correct terminology)</li> <li>3. Looking after our bodies</li> </ol>	<p>(Y1) Growing and changing.</p> <ol style="list-style-type: none"> <li>1. Animal babies</li> <li>2. How have we changed?</li> <li>3. A future me</li> </ol>
<b>Years 3 and 4</b>	<p>(Y3) Being a good friend.</p> <ol style="list-style-type: none"> <li>1. What makes a good friend?</li> <li>2. Personal space</li> <li>3. Resilience</li> </ol>	<p>(Y3) Valuing and respecting one another.</p> <ol style="list-style-type: none"> <li>1. Different but equal</li> <li>2. Our school community</li> <li>3. Valuing one another and considering people's feelings</li> </ol>	<p>(Y3) Responsibility and boundaries.</p> <ol style="list-style-type: none"> <li>1. Being responsible</li> <li>2. Responsibility and personal space</li> <li>3. Caring and empathy</li> </ol>	<p>(Y3) Different types of committed relationships.</p> <ol style="list-style-type: none"> <li>1. Commitment and marriage</li> <li>2. All change!</li> <li>3. Family changes: when parents separate</li> </ol>	<p>(Y3) Sleep, food and hygiene.</p> <ol style="list-style-type: none"> <li>1. The power of sleep</li> <li>2. Making healthy food choices</li> <li>3. Germs!</li> </ol>	<p>(Y3) Coping with feelings when things change.</p> <ol style="list-style-type: none"> <li>1. New changes</li> <li>2. Feeling sad and showing empathy</li> <li>3. Happiness</li> </ol>
<b>Years 5 and 6</b>	<p>(Y5) Changing Friendships.</p> <ol style="list-style-type: none"> <li>1. Identity</li> <li>2. Peer pressure</li> <li>3. Emotional health and wellbeing</li> </ol>	<p>(Y5) Celebrating strengths and setting goals.</p> <ol style="list-style-type: none"> <li>1. Strengths and abilities</li> <li>2. Setting goals</li> <li>3. Online safety</li> </ol>	<p>(Y5) Caring in the community.</p> <ol style="list-style-type: none"> <li>1. Changing needs</li> <li>2. Feeling lonely</li> <li>3. Why volunteer?</li> </ol>	<p>(Y5) Healthy, committed relationships.</p> <ol style="list-style-type: none"> <li>1. Values of healthy relationships</li> <li>2. Diversity in relationships</li> <li>3. It's all about commitment</li> </ol>	<p>(Y5) Valuing our bodies and minds.</p> <ol style="list-style-type: none"> <li>1. Valuing ourselves</li> <li>2. Alcohol, tobacco and drugs</li> <li>3. Keeping well</li> </ol>	<p>(Y5) Puberty and emotions.</p> <ol style="list-style-type: none"> <li>1. Puberty</li> <li>2. Puberty and emotions</li> <li>3. Emotional changes: managing well</li> </ol>

## RHE Overview – Whole School Cycle B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>						
<b>Years 1 and 2</b>	(Y2) What makes a happy friendship? 1. What makes a happy friendship? 2. Personal boundaries 3. Worries	(Y2) Strengths, abilities and stereotypes. 1. My strengths and abilities 2. Stereotypes 3. Whose job?	(Y2) Special people in our communities. 1. Community helpers 2. When we need help 3. Our communities and groups	(Y2) The diversity of families. 1. Who is in a family? 2. A happy family 3. Families of all kinds	(Y2) Staying safe and healthy. 1. Healthy feelings 2. Staying safe at home 3. Feeling poorly	(Y2) Growing up and setting goals. 1. When I am older 2. Looking at the changes ahead 3. Goals
<b>Years 3 and 4</b>	(Y4) Solving friendship difficulties. 1. Qualities of a good friend 2. Solving friendship difficulties 3. Personal boundaries and permission	(Y4) Identity and diversity. 1. Being British 2. Making a judgement 3. A different point of view	(Y4) Rights and Responsibilities. 1. Our rights, our responsibilities 2. The UN Convention on the Rights of the Child 3. Family roles and responsibilities	(Y4) Families and other relationships. 1. Different relationships: boundaries and behaviour 2. Belonging 3. Caring families	(Y4) Influences and personal choices. 1. Healthy influences 2. Making healthy choices 3. Dealing with feelings	(Y4) Puberty and hygiene. 1. What is puberty? 2. Understanding periods 3. Keeping clean as we grow and change
<b>Years 5 and 6</b>	(Y6) Relationships and feelings 1. Personal safety 2. Relationships and change 3. Wider emotions	(Y6) Respectful behaviour online and offline. 1. Identity online 2. Online bullying 3. Identities and belonging	(Y6) Responsible behaviour as we get older. 1. Taking care of myself 2. Looking after my money 3. Transition to secondary	(Y6) Starting a family. (Sex education*) 1. Starting a family 2. The impact of having a baby 3. When is it right?	(Y6) Being the best me. 1. Being the best me 2. Social media and our wellbeing 3. Taking care of our mental health	(Y6) Coping with emotional effects of life changes. 1. Body image 2. Puberty and changing relationships 3. Moving on