



**At Roding, we are 'Free to Achieve.'**



## Relationships, Sex and Health Education

### Curriculum Intent

At Roding Primary School, our Relationships, Sex and Health Education (RSHE) curriculum is carefully designed to build upon prior knowledge, ensuring pupils develop a deep and meaningful understanding of relationships, health, and safety as they progress through the school. The curriculum is sequenced to revisit key concepts, reinforcing learning and allowing students to apply their knowledge in age-appropriate contexts.

We aim to provide pupils with the technical vocabulary needed to express themselves clearly and confidently, covering essential areas such as family dynamics, respectful relationships, body awareness, and safety. This approach supports pupils' ability to navigate the complexities of relationships, equipping them with the skills to manage their emotional and physical well-being.

The scope of our RSE curriculum ensures every child receives comprehensive coverage, from exploring positive friendships in Key Stage 1 to understanding puberty, consent, and digital safety in Key Stage 2. Challenges are built into the curriculum to meet the developmental needs of all students, fostering resilience, respect, and responsibility.

### Curriculum Implementation

The RSE curriculum at Roding Primary is delivered through a spiral approach, revisiting core themes - Health and Wellbeing, Safety and the Changing Body, and Family and Relationships - at increasing levels of complexity. Each year group focuses on topics appropriate to their developmental stage, ensuring lessons are engaging, informative, and accessible. We have adopted the Kapow scheme which meets the 2020 statutory requirements for schools teaching Relationships Education and Health Education. The scheme also follows the recommends from the Depart for Education that pupils should be taught how a baby is conceived and born prior to learning Primary School.

- **EYFS:** Pupils develop foundational skills in personal, social, and emotional development, including building relationships, managing self-regulation, and understanding basic hygiene.
- **Key Stage 1:** Students begin to explore the characteristics of healthy friendships, family relationships, and the importance of respect. Lessons introduce key technical vocabulary for body parts and the concepts of privacy and consent.

- **Lower Key Stage 2:** Pupils expand their understanding of emotional and physical boundaries, online safety, and the impact of stereotyping. They learn strategies to identify and report unsafe situations.
- **Upper Key Stage 2:** The curriculum addresses more complex topics such as puberty, reproduction, and the emotional changes that occur during adolescence. Pupils critically evaluate the reliability of online content and develop an understanding of the biology of conception.

All lessons are grounded in statutory guidance and are taught using accurate, scientific terminology alongside child-friendly explanations and visuals. Opportunities for discussion and reflection are embedded throughout to support comprehension and application of learning.

## **Curriculum Impact**

The RSE curriculum at Roding Primary School ensures pupils leave with a secure understanding of healthy relationships, personal safety, and emotional well-being. Through acquiring and applying technical vocabulary, students can articulate their thoughts and feelings effectively, fostering their confidence in navigating complex social situations.

The carefully sequenced curriculum provides a robust foundation, enabling pupils to make informed decisions about their health and relationships as they grow. Regular opportunities to revisit and deepen learning ensure concepts are embedded in long-term memory, equipping pupils with the resilience to face challenges and transitions.

We measure the success of our RSE curriculum through:

- Pupil engagement and feedback during lessons.
- Teacher assessments of understanding and application of key concepts.
- The ability of pupils to articulate their knowledge using technical vocabulary confidently.
- The positive impact on pupils' relationships within school and the wider community.

By the end of their time at Roding Primary, pupils are empowered to respect themselves and others, understand their rights and responsibilities, and feel prepared for the next stage of their education and personal development.

## **Working with Parents and Carers**

Effective communication with parents and carers is essential for the successful delivery of RSE. At Roding, we consult with parents, being clear about statutory content as well as sharing when topics are introduced and the materials used. We have outlined the RSE content on our school PSHE curriculum maps to provide an overview of topics over the course of an academic year. This enables parents and carers to discuss upcoming content with their children. If a parent or carer has any concerns regarding the delivery of RSE they can contact the school RSE lead who will be able help address and alleviate any apprehensions.