



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 Progression Map – Whole School Cycle A & B

HAPPY AND HEALTHY FRIENDSHIPS			
EYFS	Years 1 and 2	Years 3 and 4	Years 5 and 6
Over the two-year cycle, pupils will be able to:			
	<ul style="list-style-type: none"> Understand how kind and unkind behaviours impact other people. Understanding what makes a happy friendship. Recognising personal boundaries and safe/unsafe situations. 	<ul style="list-style-type: none"> Understand how to be a good friend and respecting personal space. Understand the term resilience and begin to use strategies. Begin to solve friendship difficulties. Know how to act if someone invades your privacy or personal boundaries. 	<ul style="list-style-type: none"> Identity peer pressure off- and online. Promote positive emotional health and wellbeing. Understand how relationships evolve as we grow, including when transitioning to secondary school. Use strategies to cope with a wider range of emotions.

SIMILARITIES AND DIFFERENCES			
EYFS	Years 1 and 2	Years 3 and 4	Years 5 and 6
Over the two-year cycle, pupils will be able to:			
	<ul style="list-style-type: none"> Understand some similarities and differences between people and how to respect and celebrate these. Explore different strengths and abilities that they have. Understand and begin to challenge stereotypes. 	<ul style="list-style-type: none"> Respect and value differences. Identify and share the values of communities. Begin to understand the terminologies Identity and diversity. Understand that people have different perspectives 	<ul style="list-style-type: none"> Celebrate strengths and set goals. Know how to keep ourselves safe online. Understand identity and behaviour online and offline. Reflect on how people feel when they don't 'fit in'.

		<ul style="list-style-type: none"> To not make judgements based on appearance. 	
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CARING AND RESPONSIBILITY			
EYFS	Years 1 and 2	Years 3 and 4	Years 5 and 6
Over the two-year cycle, pupils will be able to:			
	<ul style="list-style-type: none"> Identify their special people Explain how our special people keep us safe. Understand the different communities and groups we belong to. Find ways to support one another in the local community. 	<ul style="list-style-type: none"> Explain what responsibilities we have. Show how we can respect and care for others. Understand the rights and responsibilities within our families and begin to understand these within the wider society. Begin to understand the Rights of a child. 	<ul style="list-style-type: none"> Understand how our care needs change. Understand the effects of loneliness and isolation. Show ways in which we can show care in the community. Show/explain how we can take more responsibility for self-care. Understand who cares for us as we grow older, including at Secondary school.

FAMILIES AND COMMITTED RELATIONSHIPS			
EYFS	Years 1 and 2	Years 3 and 4	Years 5 and 6
Over the two-year cycle, pupils will be able to:			
	<ul style="list-style-type: none"> Understand what a family is including understanding the difference and diversity between families. Explain why families are important and special. 	<ul style="list-style-type: none"> Explain the terminology committed relationships with regards to families. Understand different types of committed relationships and the basic characteristics of these. 	<ul style="list-style-type: none"> Understand the characteristics of healthy, positive and committed relationships. Understand how committed relationships can develop as people grow older.

	<ul style="list-style-type: none"> Understand different people in our families and how families can vary. 	<ul style="list-style-type: none"> Understand the range of relationships we experience in our everyday lives. Understand the differences between the types of relationships we encounter. 	<ul style="list-style-type: none"> Understand the steps of human reproduction including different ways to start a family* (Y6 only unless adapted, with permission, due to the cohort of year 5 pupils).
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HEALTHY BODIES, HEALTHY MINDS			
EYFS	Years 1 and 2	Years 3 and 4	Years 5 and 6
Over the two-year cycle, pupils will be able to:			
	<ul style="list-style-type: none"> Use the correct names for different body parts. Explain some of the things that our bodies can do. e.g. running, jumping, writing etc. Explain ways in which to stay healthy. Explain which household products and medicines are safe and unsafe. 	<ul style="list-style-type: none"> Give examples of how to maintain physical wellbeing e.g. healthy eating and keeping clean. Give examples of how to maintain mental wellbeing e.g. sleep. Understand some of the influences on our health and wellbeing, including friends, family and media. Show an awareness of how these influences can affect personal health choices. Understand the importance of dental hygiene. 	<ul style="list-style-type: none"> Understand that our bodies are unique. Understand and explain what is meant lifestyle habits and explain negative habits such as alcohol, tobacco and drugs. Understand how the above can affect their wellbeing. Explain how to promote ongoing self-care of our bodies and minds. Know some strategies to prevent and manage mental ill-health.

COPING WITH CHANGE			
EYFS	Years 1 and 2	Years 3 and 4	Years 5 and 6
Over the two-year cycle, pupils will be able to:			

	<ul style="list-style-type: none"> • Understand that we grow from young to old. • Explain how we have changed since we were born. • Explore how our bodies and needs change as we grow older. • Set goals and aspirations and understand the terminology. 	<ul style="list-style-type: none"> • Explain different emotions and feelings that we can have. • Understand ways on hope to cope with feelings, linking to zones of regulation. • Begin to understand how to deal with changes that happen in our lives. • <i>Begin to understand how our bodies change as we grow older, e.g. hair development, sweating.</i> 	<ul style="list-style-type: none"> • Begin to understand how our bodies change as we enter puberty, including self-hygiene needs and menstruation. • Understand how puberty can affect our emotions and begin to explain ways in how to manage this. • Explain ways to manage increasing responsibilities and the emotional effects of life changes.
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ENRICHMENT OPPORTUNITIES

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	EYFS and KS1	KS2	WHOLE SCHOOL
	NSPCC visit – PANTS Hedgehog man visit – caring for wildlife Parent readers	Basic First Aid - with the Charity Little Life Savers	NSPCC visit – Speak out stay safe, offline and online. Dog’s Trust – caring and responsibility Enrichment day – across the federation, promoting healthy and new friendships, working together. St Michael’s and St Giles’ Church services.