

Bryn St. Peter's C.E. Primary School



PSHE + RSE Subject Policy

Reviewed by: C. Brady

September 2025

Our School Vision

Together with God Building our Future

Guided by Christian values, with Jesus as our cornerstone, we set firm foundations for a life of flourishing, offering opportunities for all to develop in body, mind and spirit.

And in him you too are being built together to become a dwelling in which God lives by his Spirit.

Ephesians 2:22

We are committed to educating the whole person for life in all its fullness guided by Christian values.

We deeply value creativity and joy in learning that allows everyone to achieve and flourish.

We want everyone to feel included, accepted, loved and positively understand their value and potential in our community

1. Introduction

At Bryn St Peter's CE Primary School, Personal, Social, Health and Economic Education (PSHE), including Relationships Education, forms a fundamental part of our whole-school ethos. Our curriculum is designed to support children's spiritual, moral, social, emotional and physical development, helping them to understand themselves, build healthy relationships, and thrive as responsible members of society.

This policy outlines our approach to PSHE and Relationships Education in line with statutory requirements, including the Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance (DfE, 2025).

2. Aims and Objectives

Our PSHE+C curriculum aims to:

- Equip children with the knowledge, skills and attitudes needed to keep themselves safe and healthy.
- Support pupils to build and maintain positive, respectful and stable relationships.
- Prepare pupils for the opportunities, responsibilities and experiences of life in modern Britain.
- Develop pupils' self-esteem, identity and confidence as active and resilient members of their community.
- Promote social, moral, spiritual and cultural understanding.

- Provide safeguarding education that enables children to recognise risk and know how to seek help.
- Ensure statutory coverage of Relationships Education and Health Education.

3. Curriculum Intent

Our curriculum intent is to provide a coherent, progressive and inclusive PSHE+C offer that:

- Follows the three core themes of *Health and Wellbeing*, *Relationships*, and *Living in the Wider World*.
- Ensures all statutory Relationships and Health Education content is delivered in a sensitive, age-appropriate manner.
- Embeds Christian values of respect, dignity, compassion and responsibility.
- Prepares pupils for the challenges of childhood, adolescence and later life, including developing confidence to articulate their feelings and opinions.
- Supports equality, diversity, British Values and citizenship education.
- Ensures safeguarding is threaded throughout the curriculum, including teaching children when and how to get help.

4. Implementation

PSHE and Relationships Education is delivered through:

- HeartSmart: taught in five thematic units each year across all year groups, enabling progressive recall and deepening understanding.
- Creative pedagogies: including role-play, discussion, drama, group work, games, and scenario-based learning.
- Specialist external provision:
 - HH Kids deliver Relationships and Sex Education for Years 5 and 6.
 - Coram Life Education provides the Life Education Caravan experience on alternate years.
- Ongoing Citizenship Education: taught through weekly Picture News assemblies.
- Cross-curricular links with Science, Computing, PE and safeguarding education.

Teachers ensure lessons are sensitive, inclusive and differentiated. Materials are checked for appropriateness and compliance with safeguarding expectations.

5. Impact

Through effective PSHE+C provision:

- Pupils can confidently express their thoughts and feelings in a climate of trust and respect.
- Children understand how to keep themselves physically and emotionally healthy.
- Pupils apply classroom learning to real-life contexts within their community.

- Children understand when and how to seek support for themselves and others.
- Pupils develop the knowledge, skills and attributes needed for lifelong success.
- Barriers to learning—including emotional or social difficulties—are reduced through early support and guidance.
- Vulnerable or disadvantaged pupils are supported to develop resilience, aspirations and personal agency.

6. Planning and Progression

- The curriculum progresses from Reception through Year 6, with learning building on prior knowledge through revisited themes.
- Progression frameworks from HeartSmart form the basis of long-term and medium-term plans.
- Year 5-6 progression incorporates specialist RSE content delivered by HH Kids.
- Planning takes account of pupils' developmental stages, prior learning, and needs within the school and local community.
- Curriculum planning includes input from staff, pupils and parents.

7. Assessment and Monitoring

Assessment in PSHE+C is ongoing and includes:

- Pupil voice
- Group tasks and practical activities
- Written or creative work
- Quizzes and scenario responses
- Teacher observations
- Formative assessment during discussion

Monitoring is conducted termly by the subject leader and may include:

- Lesson observations
- Learning walks
- Book scrutiny
- Planning reviews

Findings are shared with senior leaders and inform future planning and training.

8. Role of the Subject Leader

The PSHE+C subject leader is responsible for:

- Ensuring high-quality, age-appropriate delivery of the curriculum.
- Providing staff with resources, training and guidance.
- Monitoring curriculum coverage, teaching quality and pupil outcomes.
- Ensuring statutory requirements are met.
- Reviewing and updating the policy.

- Supporting staff to meet the needs of pupils, including those with SEND.
- Evaluating the impact of PSHE and reporting to the headteacher and governing body.

9. Resources

Resources to support the curriculum include:

- HeartSmart scheme resources
- Coram Life Education materials
- HH Kids RSE programme
- Picture News resources
- Age-appropriate videos, books, scenarios and teaching aids
- Digital safety resources aligned with our E-safety Policy

All resources are reviewed to ensure sensitivity, inclusivity and suitability.

10. Inclusion and Equal Opportunities

We ensure PSHE+C is accessible and relevant to all pupils, including those with SEND.

This includes:

- Adapted teaching strategies, visual resources and practical activities.
- Opportunities for small-group support where needed.
- Ensuring content is inclusive of all protected characteristics under the Equality Act 2010.
- Promoting dignity, respect and equality for all pupils, regardless of background.
- Taking positive action where appropriate to support pupils at risk of disadvantage or harm.

11. Health and Safety

Where PSHE+C lessons involve practical activities or external visitors:

- Staff follow school Health and Safety procedures.
- All visitors' credentials are checked according to the Visitor Policy.
- Online content is appropriately filtered as per the E-safety Policy.
- Sensitive topics are approached within safeguarding guidelines.

12. Parental and Community Links

We work closely with parents by:

- Consulting them on curriculum content and policy development.
- Providing information about RSE content and the right to withdraw from non-statutory elements.
- Holding meetings to explain curriculum intentions and answer questions.
- Encouraging ongoing feedback throughout the academic year.

Community links include work with external specialists, local health educators and community-centred projects.

13. Review and Evaluation

- This policy is reviewed every two years, or sooner if statutory guidance changes.
- Reviews consider feedback from staff, pupils, parents and governors.
- Evaluations draw on monitoring evidence, safeguarding data and local contextual needs.
- Any updates are communicated to staff and families.

14. Linked Policies and Documents

This policy should be read alongside:

- Child Protection and Safeguarding Policy
- Behaviour Policy
- Anti-Bullying Policy
- E-safety Policy
- Equal Opportunities Policy
- SEND Policy
- Visitor Policy
- Science Curriculum Documentation
- HeartSmart Scheme Overview
- HH Kids RSE Programme



Together with God, building our future