ADSWOOD PRIMARY SCHOOL

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PERSONAL, SOCIAL, HEALTH AND ECONOMIC EDUCATION (PSHE) & RELATIONSHIPS, SEX AND HEALTH EDUCATION (RSHE)

A GUIDE FOR PARENTS AND CARERS

Introduction

At Adswood Primary School, our overall aim is for pupils to grow up healthy, happy, and safe. We want them to be equipped with the knowledge and skills that will enable them to manage the opportunities, responsibilities, and

challenges of modern-day Britain and our ever-changing world.

The purpose of this booklet is to fully inform you about our teaching of PSHE and statutory Relationships, Sex and Health Education (RSHE) so that you have clear visibility into your child's learning journey and the statutory guidance we follow.

Personal, Social, Health and Economic Education (PSHE)
To deliver a coherent, progressive, and fully up-to-date curriculum, Adswood Primary School follows the **Kapow Primary PSHE & RSHE Scheme of Work**.

Our curriculum covers five core statutory and non-statutory key strands:

1. **Families and Relationships**
2. **Health and Wellbeing** (including Physical Health, Mental Wellbeing, and Puberty)
3. **Safety and the Changing Body** (including Online Safety, Personal Safety, and First Aid)
4. **Citizenship and British Values** (Democracy, Rule of Law, Individual Liberty, Mutual Respect, and Tolerance)
5. **Economic Wellbeing** (Financial Literacy, Money, and Aspirations)

How PSHE is Taught
Each week, pupils participate in structured PSHE lessons and interactive 'Circle Time' discussions. At the beginning of each academic year, ground rules (Circle Rules) are established to ensure a safe, supportive, and respectful environment where pupils feel comfortable sharing their views.

Sensitive questions are answered truthfully, factually, and age-appropriately by class teachers. An anonymous 'Question Box' is available in classrooms so pupils can ask questions without fear of embarrassment.

In addition to discrete Kapow units, learning is supplemented by national awareness events such as Anti-Bullying Week, Safer Internet Day, Mental Health Awareness Week, Road Safety Week, and visits from local emergency

and health services.

Statutory Guidance: RSHE & The Equality Act 2010
Relationships Education (Statutory for all Primary Schools)

Relationships Education focuses on giving children the knowledge they need to make and maintain positive, healthy, and safe relationships.

By the end of Key Stage 2, pupils will learn about:

- **Families and people who care for me:** Characteristics of healthy family life, stability, and commitment.

- **Caring friendships:** Respect, trust, honesty, compromise, and managing conflict or bullying.

- **Respectful relationships:** Courtesy, self-respect, individual differences, and challenging stereotypes.

- **Online relationships:** Staying safe online, digital respect, cyberbullying, and critically evaluating online content.

- **Being safe:** Boundaries, privacy, physical contact, safe/unsafe secrets, and how to seek help.
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Health Education (Statutory for all Primary Schools)
Health Education equips children with the knowledge to make informed decisions about their physical and mental health.

By the end of Key Stage 2, pupils will learn about:

- **Mental Wellbeing:** Expressing emotions, mindfulness, self-care, and reducing stigma around mental health.

- **Internet safety and harms:** Impact of screen time, online safety, and how media/images can be digitally altered.

- **Physical health, fitness, and healthy eating:** Balanced diets, physical activity, rest, and hygiene routines.

- **Drugs, alcohol, and tobacco:** Facts, legalities, and health risks associated with legal and illegal substances.

- **Health and prevention:** Sleep, dental hygiene, sun safety, and immunisations.

- **Basic First Aid:** Dealing with injuries, head injuries, burns, choking, and calling emergency services.

- **The changing adolescent body:** Age-appropriate facts about puberty, physical and emotional changes, and personal hygiene.
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Sex Education (Non-Statutory Element)

The DfE recommends that all primary schools have a Sex Education program tailored to the age and physical and emotional maturity of the pupils.

- In line with the Kapow scheme and Science National Curriculum, human reproduction, conception, and pregnancy are taught sensitively in Upper Key Stage 2.

- Parents and carers have the legal right to request that their child be excused from the non-statutory Sex Education elements of the curriculum (outside of what is covered in National Curriculum Science).

Equality Act 2010

At Adswood Primary School, the Equality Act 2010 is fully integrated into our school ethos and curriculum. We ensure that our PSHE/RSHE teaching is inclusive of all pupils, respecting protected characteristics (including disability, race, religion, sex, and family structures, including same-sex parents) to foster an environment of mutual respect, empathy, and equality.

Curriculum Map & Overview (Kapow Scheme)

Our Key Stage 2 curriculum operates on a two-year rolling cycle (Cycle A and Cycle B) to accommodate our mixed-age year groups (Lower KS2: Year 3/4 and Upper KS2: Year 5/6), ensuring full coverage without repetition. EYFS and Key Stage 1 follow discrete year-by-year pathways.

Early Years Foundation Stage (EYFS)
Pupils build early foundations in:

- Identifying feelings and expressing simple emotions.
- Forming friendships, sharing, taking turns, and playing cooperatively.
- Understanding hygiene routines (handwashing) and basic physical health.
- Knowing who special people are at home and in school.

Key Stage 1 (Years 1 & 2)

Year 1:

- Identifying and naming feelings in themselves and others; knowing who to talk to when worried.
- Understanding special people and family structures.
- Learning the difference between safe and unsafe secrets/surprises.
- Basic hygiene, physical activity, and safe choices around the home.

Year 2:

- Recognising uniqueness, celebrating individual differences, and treating others with respect.

- Developing friendship skills and managing small disagreements.
- Understanding personal safety, internet safety, and who helps us stay safe.
- Keeping our bodies healthy (eating, sleeping, hygiene).

Lower Key Stage 2 (Mixed Years 3 & 4)

Cycle A:

- **Families & Relationships:** Friendship dynamics, resolving conflict, managing teasing vs. bullying, and family diversity.
- **Health & Wellbeing:** Expressing complex feelings, mental health awareness, and balanced lifestyles (nutrition and exercise).
- **Safety & Changing Body:** Online safety, cyberbullying, recognizing online risks, and basic first aid.
- **Citizenship & Economic:** Human rights, community responsibilities, and introduction to money.
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- **Cycle B:**

- **Families & Relationships:** Respecting personal boundaries, positive communication, and respecting differences.
- **Health & Wellbeing:** Sleep hygiene, dental health, and decision-making around healthy choices.
- **Safety & Changing Body:** Introduction to puberty and body changes (factual/biological), emergency calls, and keeping safe in local environments.

- **Citizenship & Economic:** British values, career roles, and spending/saving habits.

Upper Key Stage 2 (Mixed Years 5 & 6)

- **Cycle A:**

  - **Families & Relationships:** Healthy vs. unhealthy relationships, peer pressure, personal boundaries, and challenging stereotypes.

  - **Health & Wellbeing:** Body image, media influences, digital alteration, and strategies for managing emotional wellbeing.

  - **Safety & Changing Body:** In-depth puberty education, physical/emotional maturity, online safety, and legal/illegal drugs education (DATE).

  - **Citizenship & Economic:** Equality Act 2010, democracy, and financial risk management.

- **Cycle B:**

  - **Families & Relationships:** Managing change, transition to secondary school, civil partnerships/marriage, and online communication safety.

  - **Health & Wellbeing:** Independence, self-esteem, managing stress, and maintaining a balanced lifestyle.

  - **Safety & Changing Body:** Human reproduction and conception (Sex Education), advanced First Aid (CPR/choking), and personal safety online/offline.

  - **Citizenship & Economic:** Global citizenship, rights and

responsibilities, and future career goals.

Your Role as Parents and Carers

The RSHE and PSHE programme is designed to complement and support your role as parents and carers as you guide your child through the physical and emotional changes of growing up.

How you can support at home:

- **Open Communication:** Talk to your child regularly about their relationships, feelings, and body changes—don't wait for "The Big Talk".
- **Model Healthy Relationships:** Demonstrate respect, effective communication, and empathy in daily life.
- **Listen with Empathy:** Create a non-judgmental environment where your child feels safe raising sensitive questions or worries.
- **Promote Digital Safety:** Discuss online activities, monitor screen time, and reinforce safe internet habits.
- **Work Alongside School:** Reinforce the messages taught in school regarding diversity, inclusion, and the Equality Act.

Contacting Us

If you have any questions, would like to view any of the Kapow learning resources, or wish to discuss any aspect of your child's PSHE and RSHE curriculum, please do not hesitate to contact your child's class teacher or the school office.