

RSE and PSHE Intent

At our school, we believe that every child is uniquely valued and loved, with the opportunity to flourish within a nurturing community rooted in Christian values. Guided by our vision, we have chosen to use the Kapow scheme of work for RSE and PSHE curriculum as it is designed to support children in living life to its fullest.

Through the Kapow scheme of work, we aim to equip our pupils with the knowledge, skills, and attitudes needed to navigate life in the 21st century confidently and responsibly. Our curriculum promotes the development of healthy relationships, emotional well-being, and informed decision-making, empowering children to thrive both now and in the future. By exploring themes of personal boundaries, consent, respect, and individual identity, we foster a culture of kindness, empathy, and mutual understanding, in line with our strapline: “Love of learning, love of life itself, and love of God.”

Aligned with statutory guidance and the National Curriculum, our RSE and PSHE provision plays a vital role in safeguarding our pupils and preparing them for the challenges and responsibilities of modern life. We are committed to nurturing confident individuals and active citizens who uphold the fundamental British values of democracy, the rule of law, respect and tolerance, and individual liberty. As a school community, we strive to cultivate a sense of belonging, where every child feels safe, valued, and supported to grow into the best version of themselves—ready to embrace life’s opportunities with wisdom, compassion, and resilience.

RSE and PSHE Implementation

At our school, we implement the Kapow Primary scheme of work to provide a whole-school approach to RSE and PSHE. Our curriculum is designed to support every child in flourishing within our nurturing community, guided by Christian Vision and values. Through engaging and age-appropriate lessons, we help children develop the knowledge, skills, and attitudes needed to grow into confident, compassionate, and responsible individuals.

Early Years Foundation Stage (EYFS)

Aligned with the EYFS Personal, Social, and Emotional Development prime area, children in Reception focus on:

- **Self-regulation:** Developing emotional awareness and managing feelings.
- **Building relationships:** Forming positive and respectful relationships with others.
- **Managing self:** Learning independence, responsibility, and self-care.
- **Key Stages 1 and 2**

In Key Stages 1 and 2, children explore five key areas that build progressively each year:

- **Families and relationships:** Understanding different family structures, developing friendships, and respecting others.
- **Health and wellbeing:** Promoting physical and mental health, emotional resilience, and self-care.
- **Safety and the changing body:** Learning about personal safety, boundaries, and physical changes.
- **Citizenship:** Understanding roles within the community, democracy, and respecting diversity.
- **Economic wellbeing:** Developing an understanding of money, financial choices, and future aspirations.

While our lessons are based on the statutory requirements for Relationships and Health Education, we also draw from the PSHE Association Programme of Study, recommended by the Department for Education, to cover additional topics such as Citizenship and Economic Wellbeing. As our school concludes at Year 4, sex education is not taught here, and will instead be covered in Year 6 at the child’s next school.

Inclusive and Engaging Teaching

Reflecting our commitment to creating a school where every child feels valued and supported, our lessons incorporate diverse teaching resources that promote inclusivity and challenge stereotypes. Through real-life scenarios, stories, video clips, and role-play activities, children are encouraged to explore topics in a safe and

structured environment. Each lesson is differentiated to challenge and support all learners, ensuring that every child can engage and progress at their own level.

At the start of each academic year, teachers and pupils collaboratively create class charters to establish clear ground rules, fostering a respectful and secure learning environment. We also promote cross-curricular links, particularly with Computing for online safety and Science for topics such as nutrition, teeth, and healthy lifestyles, reinforcing consistent messages across subjects.

Partnership with Parents and Carers

Recognising the vital role of parents and carers in their child's development, we actively involve families in the learning process. Parents are informed in advance of upcoming topics and can follow their child's progress and experiences through our Class Dojo app and parent celebration assemblies. This partnership helps to reinforce learning at home, supporting children to apply their knowledge and skills in everyday life.

Additionally, our teachers have access to a suite of expert Q&A videos covering key topics such as Families, Friendships, Healthy and Safe Relationships, Digital Safety, and The Changing Adolescent Body, ensuring that our staff are well-equipped to guide children through sensitive discussions with care and confidence.

By delivering our RSE and PSHE curriculum in this way, we nurture a school environment where children can truly flourish—developing a love of learning, a love of life itself, and a love of God, as they grow into thoughtful, resilient, and compassionate members of society.

RSE and PSHE Impact

At our school, the impact of our RSE and PSHE curriculum is reflected in the confidence, resilience, and compassion our children demonstrate as they flourish within our nurturing community. Guided by our Christian ethos and inspired by John 10:10—*"I have come that they may have life, and have it to the full"*—we strive to equip every child with the knowledge, skills, and attitudes they need to live life to its fullest, developing a love of learning, a love of life itself, and a love of God.

To ensure that our curriculum effectively supports this growth, we use a range of assessment tools within the Kapow Primary scheme:

- **Lesson-by-Lesson Assessment:** Each lesson includes clear assessment guidance, helping teachers identify whether pupils have met, exceeded, or need further support to achieve the intended learning outcomes.
- **Unit Assessments:** Every unit features an Assessment Quiz, consisting of ten questions (nine of which are multiple-choice), which can be used at the end of the unit or both at the start and end to measure progress and identify any gaps in learning.
- **Knowledge Catchers:** At the start of each unit, children use Knowledge Catchers (in the form of mind maps or tables) to capture their existing understanding of key topics. They revisit these at the end of the unit to reflect on their learning, reinforcing their progress and helping teachers evaluate their development.

By the end of their time at our school, children will have met the objectives outlined in the statutory Relationships and Health Education guidance. More importantly, they will have developed the confidence to apply their learning in their daily lives—building and maintaining healthy relationships, navigating challenges with resilience, making informed and responsible choices, and knowing where and how to seek help when needed.

Our RSE and PSHE curriculum plays a vital role in preparing children to flourish not only within our school community but also in the wider world, supporting them as they grow into respectful, confident, and compassionate individuals who embody our school's values and ethos.