



St George's CofE Primary School

RSHE Policy

1. Policy Statement

At St George's CofE Primary School, we are committed to providing a high-quality relationships, sex and health education (RSHE) curriculum that reflects our Christian values, meets statutory requirements, and supports the needs of all pupils aged 5-11. Our aim is to equip our children with the knowledge, skills and values to form healthy, respectful relationships and make informed choices about their wellbeing.

2. Statutory Requirements

We follow the Department for Education's 2025 statutory guidance for RSHE, ensuring that:

- Relationships education is compulsory for all primary pupils
- Health education is compulsory for all primary pupils
- Sex education is delivered in line with the needs of our pupils and the ethos of our school as a Church of England academy
- Parents/carers have the right to withdraw their child from non-statutory sex education lessons

[See full DfE requirements here](#)

3. Our Curriculum

We use the **Discovery Education RSHE Curriculum**, which is fully compliant with statutory requirements and designed to reflect our school's Christian ethos.

Coverage includes:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe
- Physical health and mental wellbeing
- Growing and changing (including puberty)
- Basic first aid

Where sex education (beyond the science curriculum) is provided, it will be age-appropriate, rooted in our school values, and developed in consultation with parents, staff and governors.

4. Aims of RSHE

Our RSHE curriculum aims to:

- Provide children with the knowledge to make informed decisions about their wellbeing, health and relationships
- Prepare pupils for puberty and give them an understanding of sexual development and the importance of health and hygiene
- Foster respect for themselves and others, in line with our Christian values
- Support pupils to develop resilience, self-esteem and confidence

5. How RSHE is Taught

- RSHE is delivered through discrete lessons using the Discovery Education resources, as well as through wider curriculum links (e.g., science, RE, computing)
- Lessons are age-appropriate and tailored to the developmental stage of pupils
- All teaching is underpinned by our school's Christian ethos and values
- Staff receive regular training to ensure high-quality, sensitive delivery

6. Roles and Responsibilities

- **Headteacher:** Ensures RSHE is taught in line with statutory requirements and school ethos
- **RSHE Lead:** Oversees planning, staff training, and curriculum delivery
- **Class Teachers:** Deliver RSHE lessons and adapt materials as needed
- **Governors:** Monitor policy implementation and approve updates

7. Working with Parents/Carers

- Parents/carers are informed about the RSHE curriculum and consulted on policy changes ([see toolkit for consultation](#))
- Curriculum materials are shared in advance, and parents have the opportunity to ask questions or view lesson resources
- Parents/carers can withdraw their child from non-statutory sex education by written request to the headteacher

8. Safeguarding

RSHE is a key part of our safeguarding approach. If disclosures are made during RSHE lessons, staff will follow the school's safeguarding policy and procedures.

9. Monitoring and Review

- The RSHE lead and SLT will monitor the delivery and impact of RSHE
 - Policy and curriculum will be reviewed annually with input from staff, pupils, parents and governors
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Appendix 1: RSHE Progression Overview (Discovery Education 6 Topics)

	Healthy & Happy Friendships	Families & Committed Relationships	Caring & Responsibility	Similarities & Differences	Healthy Bodies, Healthy Minds	Coping with Change
Year 1	Making friends, playing nicely, recognising kind/unhelpful behaviour	Who cares for us, different family types	Helping at home and school	Understanding differences and similarities	Naming body parts, understanding simple healthy routines	Recognising changes at school/home, naming feelings
Year 2	Solving friendship problems, kindness	Family roles, respect for families	Responsibility in and out of home	Respect for differences, inclusivity	Healthy eating, personal hygiene	Transition to new classes, managing worries
Year 3	Resolving conflict, trust in friendships	Different types of relationships	Caring for pets/plants, helping others	Valuing difference, overcoming stereotypes	Balanced lifestyle, emotional wellbeing	Puberty introduction, changes in routine
Year 4	Peer pressure, supportive friendships	Marriage, civil partnerships	Volunteering, local community	Challenging discrimination	Puberty changes, healthy coping strategies	Managing transitions, loss and separation
Year 5	Online and offline friendships, peer influence	Respectful relationships, family changes	Responsibility in society	Equality, challenging prejudice	Mental health awareness, physical activity	Preparing for puberty, emotional changes
Year 6	Managing friendship issues, lasting relationships	Changing families, respect for all	Global citizenship, social responsibility	Diversity in society	Sexual health (age-appropriate), body image	Transition to secondary, managing big changes

Appendix 2: National Curriculum Statutory Primary Science Expectations Linked to RSHE

	Relevant Science Objectives	RSHE Link
Year 1	Identify, name, draw and label basic body parts; observe changes across seasons	Understanding the body, recognising changes (growth, seasons)
Year 2	Notice that animals (including humans) have offspring; basic needs for survival	Growth and change, caring for ourselves and others
Year 3	Identify that animals (including humans) need the right types and amount of nutrition; skeletons and muscles	Healthy eating, physical health, body awareness
Year 4	Describe simple functions of the digestive system; teeth; food chains	Healthy lifestyle, caring for teeth, balanced diet
Year 5	Describe changes as humans develop to old age (including puberty)	Puberty, emotional and physical changes, self-care
Year 6	Recognise impact of diet, exercise, drugs and lifestyle on body; how nutrients and water are transported	Healthy choices, body image, effects of substances

Appendix 3: Relationships Education Statutory Expectations Per Year Group

	Key Relationships Education Outcomes
Year 1	Recognise special people, simple friendship skills, rules for good relationships
Year 2	Differences and similarities, respect for others, how to ask for help
Year 3	Healthy relationships, recognising bullying, being a good friend
Year 4	Respectful relationships, managing emotions, understanding boundaries
Year 5	Online relationships, different types of families, responding to peer pressure
Year 6	Understanding consent, transition to secondary school, maintaining healthy relationships
