

Personal, Social, Health and Economic
(PSHE)

and

Relationships, Sex and Health Education
(RSHE)



Parent Information

Summer 2024

Wellbeing Lead – Miss Jo Williams

Information about

- RSHE
- Government guidance
- Coverage of lessons

PSHE and RSHE

- Statutory learning requirement from the Government
- Meets the National Curriculum

The DfE expects PSHE education to be taught in all schools. Most schools use their PSHE education programme to meet the [legal requirement](#), in place as of September 2020, to teach Relationships Education and Health Education (at key stages 1 and 2) and Relationships and Sex Education (RSE) and Health Education (at key stages 3 and 4).

PSHE and RSHE

Split into 3 themes throughout the year

1. Relationships
2. Health and Wellbeing
3. Living in the Wider World

Long Term Plan at Ramsey Manor – updated 2024

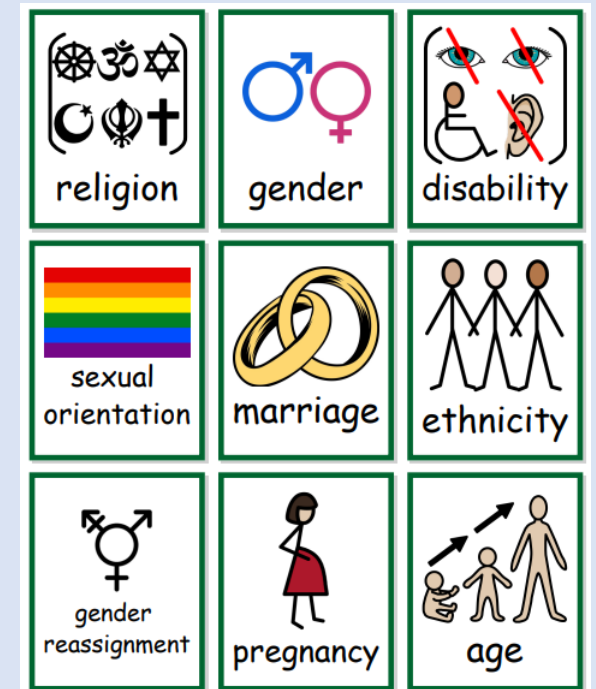
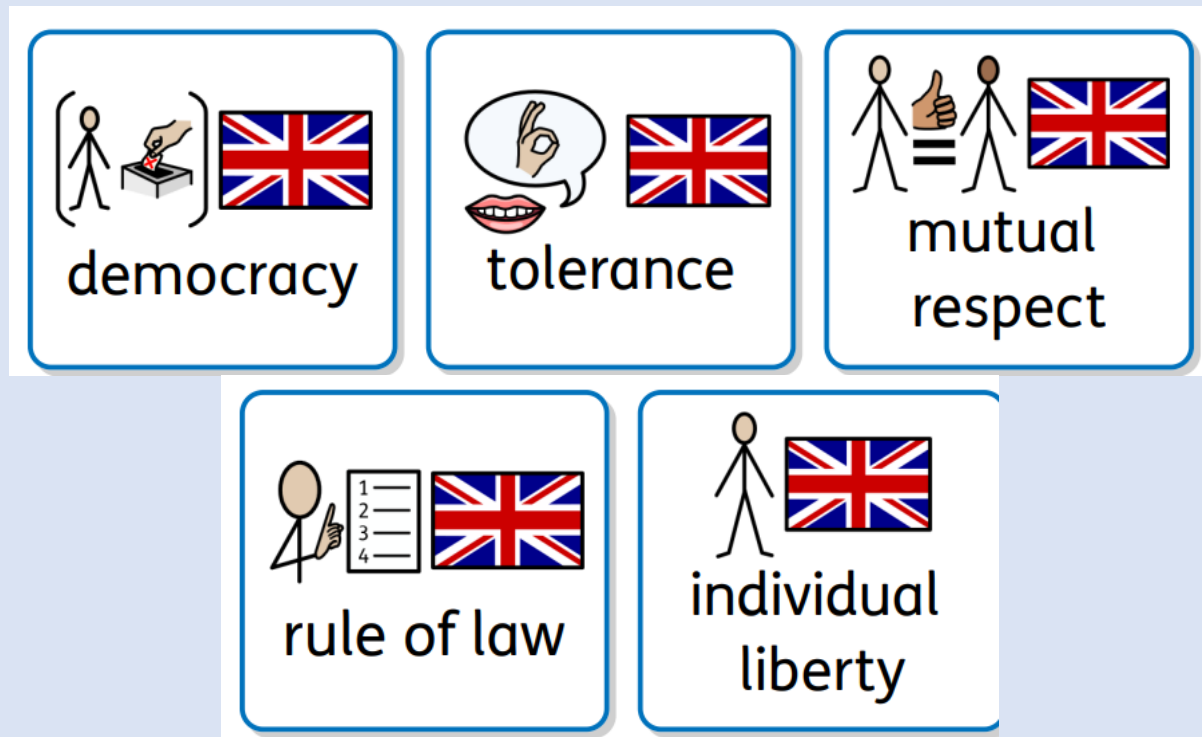
	Autumn: Relationships			Spring: Living in the wider world			Summer: Health and Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
Y1	- Roles of different people - families - feeling cared for	- Recognising privacy - staying safe - seeking permission	- How behaviour affects others - Being polite and respectful	- What rules are - caring for others' needs - looking after the environment	- Using the internet and digital devices - communicating online	- Strengths and interests - jobs in the community	- Keeping healthy - Food and exercise - Who keeps us healthy - Sun safety	- Different friends - Human life cycles - Different families - Asking for help	- How rules and age restrictions help us - Keeping safe online
Y2	- Making friends - feeling lonely and getting help	- Managing secrets - resisting pressure and getting help - recognising hurtful behaviour	- Recognising things in common and differences; - Playing and working cooperatively; - Sharing opinions - Permission and Consent	- Belonging to a group - roles and responsibilities - being the same and different in the community	- The internet in everyday life - Online content and information	- What money is - needs and wants - looking after money	- Importance of sleep - Medicines and keeping healthy - Oral hygiene - Managing feelings and asking for help	- Gender stereotypes - Male and female differences - Human life cycles	- Risk and safety at home - Emergencies
Y3	- What makes a family - features of family life	- Personal boundaries; - safely responding to others - the impact of hurtful behaviour	- Recognising respectful behaviour; - the importance of self-respect; - courtesy and being polite - Permission and Consent	- The value of rules and laws - rights, freedoms and responsibilities	- How the internet is used - Assessing information online	- Different jobs and skills - job stereotypes - achievements	- Health choices and habits - Exercise - Expressing and understanding feelings	- Being unique - Male and female bodies - Consent - Different types of families	- Risks and hazards - safety in the local environment and unfamiliar places
Y4	Positive friendships, including online	- Responding to hurtful behaviour - managing confidentiality - recognising risks online	- Respecting differences and similarities; - discussing difference sensitively - Permission and Consent	- What makes a community - Shared responsibilities	How data is shared and used	- Making decisions about money - Using and keeping money safe	- Maintaining a balanced lifestyle - Physical health - Oral hygiene and dental care - Sleep	- Physical and emotional changes - support with puberty - Respect - Healthy relationships	- Medicines and household products - Drugs common to everyday life


Consent coverage

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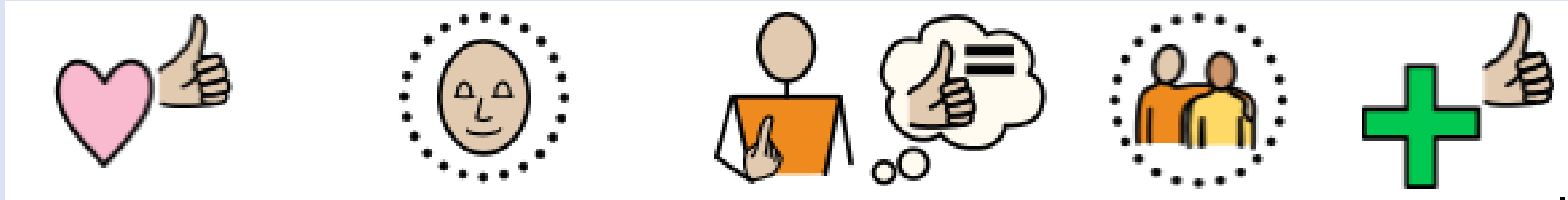
British Values and Protected Characteristics

Our whole curriculum is underpinned with learning about the fundamental British Values and Protected Characteristics. We believe in being inclusive to all and valuing uniqueness.



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Wellbeing



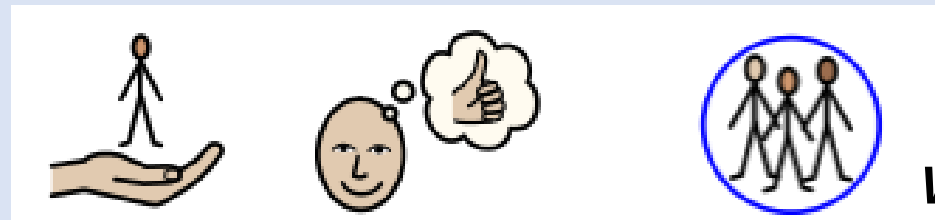
Pupils are taught:

- Being safe in different situations
- Maintaining healthy lifestyles (for physical and mental health)
- Economics, work, careers and money
- Healthy, positive relationships
- Bullying and discrimination
- Inclusivity, diversity and being unique.

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RSHE Aims

- To prepare children for changes that occur to their bodies, minds and emotions as they grow.
- To provide effective support for children
- To work in partnership with families, parents and the wider community to promote positive relationships



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RSHE

- We provide a sensitive, age appropriate curriculum.



- The content of Sex Education will be taught in Summer 2 as part of our Wellbeing lessons in all year groups.
- Statutory learning for all children

Question

What is the average age girls start puberty?

8

11

13

Girls: 11 years old average
(between 8 and 13 years old)

Boys: 12 years old average
(between 9 and 14 years old)

Consultation ...

Girls and periods



The Christopher Winter Project

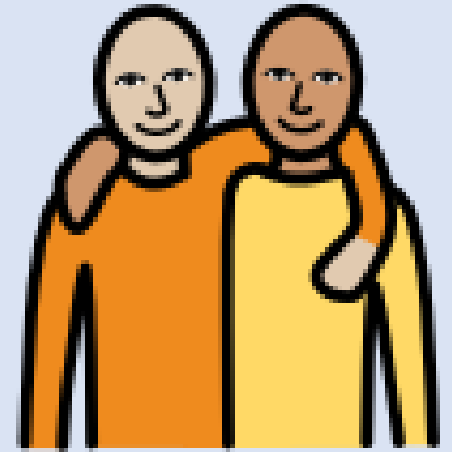
Teaching RSE
with Confidence
in Primary Schools

- Families and relationships
- Safeguarding / keeping children safe
- Respect and Equality
- Encourages children to develop the skills of listening, empathy, talking about feelings and relationships with families and friends.

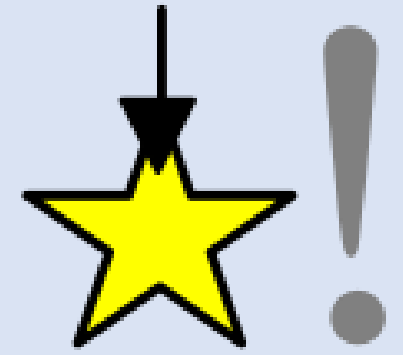
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EYFS RSHE aims

- Importance of friendships
- Importance of saying sorry
- Forgiveness
- Families are all different



Year 1 RSHE aims

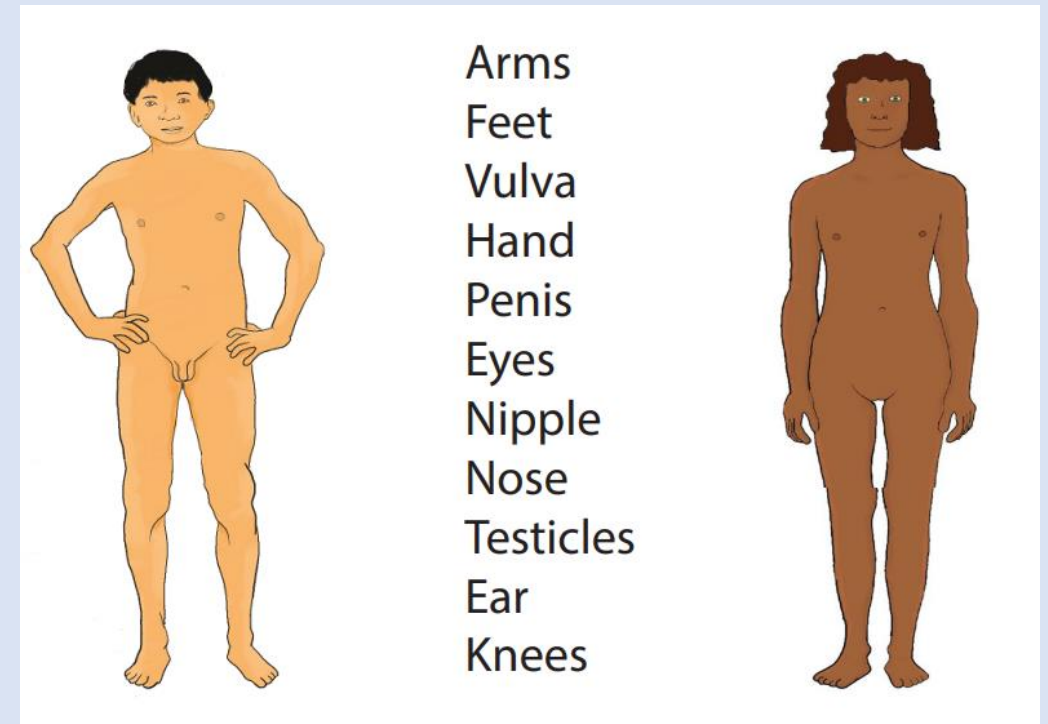


- All different, but we can be friends with anyone
- Changing and growing
- Babies need care and support
- Different families
- Who to ask for help if we feel unhappy or unsafe



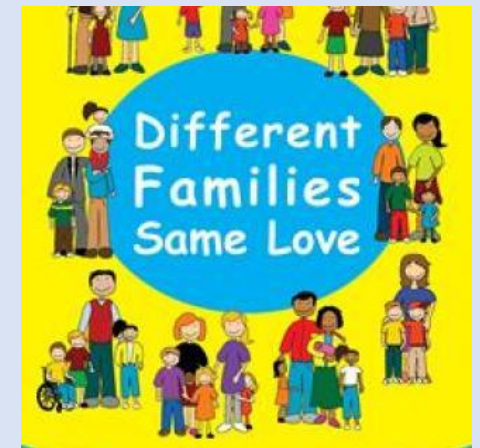
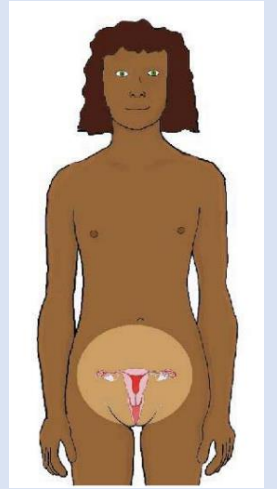
Year 2 RSHE aims

- Gender stereotypes
- Differences between males and females
- Human life cycles
- External body part names



Year 3 RSHE aims

- People are unique
- Respecting differences
- Differences between male and female bodies
- Appropriate and inappropriate contact (NSPCC PANTS rule)
- Consent
- Different types of families
- Who to go to for help and support



Year 4 RSHE aims

- Human life cycle
- Basic puberty facts
- Physical and emotional changes
- Respect in relationships
- Healthy relationships (including online)

Changes that happen in puberty...	Male	Female	Everyone
Grows taller			
Has hair under the arms			
Develops pubic hair			
Grows hair on the face			
Private parts grow bigger			
Breasts grow			
Hair on legs			
Periods start			
Voice gets deeper			
Has mood swings			
Might think about having a boyfriend/girlfriend			

Why do we teach correct body part names?

The NSPCC logo is displayed in a white rectangular box. It consists of the letters 'NSPCC' in a bold, green, sans-serif font.

Strong evidence supports safeguarding.

<https://learning.nspcc.org.uk/research-resources/schools/pants-teaching/>



Supporting Parent Website Links



- [PSHE Education Parents Guide](#)
- [NSPCC Support for Parents with difficult situations](#)
- [NSPCC PANTS rule](#)
- [Ramsey Manor Wellbeing website page](#)
- [PSHE National Curriculum](#)
- [RSE Government Guidance](#)

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Consultation ...

Girls and periods



Any further questions?



Chance to look at the RSHE resources
we will be using in school.

The Christopher Winter Project

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Further reading:

https://www.ramseymanor.co.uk/curriculum/wellbeing/pshe_and_wellbeing.html

<https://rsereview.org/resources/christopher-winter-project/>

<https://educationhub.blog.gov.uk/2023/10/24/rshe-relationships-health-sex-education-review-curriculum-to-protect-children/>

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

<https://learning.nspcc.org.uk/research-resources/schools/pants-teaching/>