



Caring, Inspiring, Achieving

PSHE including Relationships, Sex and Health Education (RSHE)

Reviewed: Summer 2026



Relationships Education, Health Education and Relationships and Sex Education (RSE)

Caring, Inspiring, Achieving

Introduction

At Holtspur School and Pre-School, we create a safe, secure and happy community which allows our children to thrive. We achieve optimum progress by recognising, developing and challenging the individual talents of every child. Our children are motivated, well-rounded members of society who take pride in their achievements and care for themselves, others and the wider community and environment.

Personal, Social, Health and Economic Education (PSHE) is our comprehensive curriculum for supporting children's personal development, health, wellbeing and understanding of relationships.

We are required by law to teach Relationships Education and Health Education to all primary-aged pupils. These statutory subjects are delivered through our wider PSHE curriculum using the Jigsaw PSHE programme. Where we teach about human reproduction (sex education), we do so in line with the principles and approach of the Department for Education Relationships, Sex and Health Education (RSHE) Guidance 2025.

Our PSHE curriculum also includes age-appropriate aspects of economic education, citizenship education, British Values, safeguarding, online safety and emotional wellbeing. Through this curriculum, pupils develop the knowledge, skills and attributes they need to stay safe, healthy, resilient and prepared for life in modern Britain.

This policy sets out our whole-school approach to PSHE, Relationships Education, Health Education and Relationships and Sex Education (RSE) and explains how we meet our statutory responsibilities.

Aims

The school's approach to **Relationships Education, Health Education, and Relationships and Sex Education (RSE)** is to build on prior knowledge, vocabulary and understanding:

Attitudes and Values

- To help pupils recognise that they are unique and valuable individuals.
- To understand what a healthy lifestyle is and why it is important.
- To learn about relationships, friendships, families.
- To support pupils' emotional well-being.

Personal and social skills

- To develop confidence in talking, listening and thinking about feelings and relationships.
- To learn how to manage emotions and relationships confidently and sensitively.
- To develop self-respect and empathy for others.
- To develop their skills to protect themselves and know how to ask for help and support.

Knowledge and understanding

- To help pupils develop and build their knowledge about the names of parts of the body and an understanding of how their bodies work.
- To learn and understand about physical development (at an appropriate age).
- To learn about positive relationships, appropriate relationships and relationships that can cause upset with a development of skills and vocabulary to be able to deal with a range of relationships as independently as possible.

Context

We teach 'Relationships Education', 'Health Education' and 'Relationship and Sex Education' through the comprehensive 'Jigsaw' scheme of study. Relationships Education, Health Education and Relationship and Sex Education at Holtspur means that we build information for children to: learn about positive relationships; how to be/stay healthy; and about the life cycles of animals including human life cycles - this includes naming specific body parts so that children have access to vocabulary that builds year upon year in an age appropriate way. RSE is directly, but not exclusively, linked to our Science units of work 'Animals including humans'. We teach this topic with an awareness of the moral code and values which underpins all our work in school.

At Holtspur, children receive the following statutory content through the Science element of the National Curriculum. The annual topic 'Animals including humans' builds on prior knowledge from Years Reception – Year 6 as follows and will be taught in the Spring or Summer Term across all year groups:

Reception: through 'Knowledge and Understanding of the World' children learn about families, relationships, life cycles of the natural world including changes over time of plants and animals. Also, through the Personal, Social and Emotional element of the curriculum children learn about their emotions and feelings.

Year 1: Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.

Year 2: Notice that animals, including humans, have offspring which grow into adults.

Year 3: Identify that humans and some other animals have skeletons and muscles for support, protection and movement.

Year 4: Describe the simple functions of the basic parts of the digestive system in humans. Identify the different types of teeth in humans and their simple functions.

Year 5: Describe the changes as humans develop to old age.
Show what happens to the body of a boy and girl as they get older (puberty).
Describe the differences in the life cycles of a mammal (human baby), an amphibian, an insect and a bird.
Describe the life process of reproduction in some plants and animals.

Year 6: Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents (the life process of human reproduction).

Sex Education

Although sex education is not statutory in primary schools, Holtspur School and Pre-School believes that age-appropriate learning about human reproduction helps prepare children for secondary education and adolescence. Sex education is taught through the Jigsaw "Changing Me" unit.

Sex education includes human reproduction, conception, pregnancy and birth. Sex education does not include teaching about different sexual practices.

The following Jigsaw lessons contain non-statutory sex education content:

Year 5 – Conception

Year 6 – Babies: Conception to Birth

This content is separate from statutory Relationships Education, Health Education and National Curriculum Science.

Science Curriculum

Children cannot be withdrawn from National Curriculum Science.
Science teaching includes:

Year 1

- Human body parts and senses

Year 2

- Life cycles and growth

Year 3

- Skeletons and muscles

Year 4

- Digestion and teeth

Year 5

- Human development and puberty
- Life cycles of mammals, amphibians, insects and birds
- Reproduction in plants and animals

Year 6

- Human reproduction and inheritance

Equality, Diversity and Inclusion

We are committed to meeting our responsibilities under the Equality Act 2010.

Our curriculum:

- Promotes respect for all people
- Challenges stereotypes and prejudice
- Celebrates diversity
- Represents different family structures positively
- Supports inclusion and belonging

We teach children that all people deserve dignity, respect and kindness regardless of their background, beliefs or circumstances.

Safeguarding

PSHE and RSHE contribute significantly to safeguarding. Children are taught:

- How to recognise unsafe situations
- How to identify trusted adults
- Online safety skills
- Appropriate boundaries
- Consent and bodily autonomy
- How to report concerns

Any safeguarding disclosures made during lessons will be managed in line with the school's Safeguarding and Child Protection Policy.

Teaching and Learning

PSHE is taught weekly through dedicated curriculum time by class teachers. Lessons are delivered using:

- Discussion
- Circle time
- Role play
- Collaborative activities
- Reflection and mindfulness activities
- Age-appropriate scenarios and problem solving

Ground rules are established to ensure a safe and respectful learning environment.

Appendix A shows the lesson by lesson coverage taught in each year group for the 'Changing me unit'.

Working with Parents and Carers

We recognise parents and carers as children's first educators.

We will:

- Inform parents about curriculum content
- Share information about upcoming RSHE learning
- Make teaching materials available on request
- Respond to parental questions and concerns
- Work in partnership to support children's development

Right to Withdraw

Parents do not have the right to withdraw children from:

- Relationships Education
- Health Education
- National Curriculum Science

Parents may request withdrawal from non-statutory sex education lessons delivered through PSHE.

Which are two lessons only:

Year 5 – Conception

Year 6 – Babies: Conception to Birth

Where a request is made:

- A member of the leadership team will meet with parents to discuss the request
- Curriculum materials will be shared
- Alternative educational provision will be provided
- A written record will be retained

Monitoring and Review

The PSHE Lead is responsible for monitoring implementation of this policy.

The policy will be reviewed annually by:

- PSHE Lead
- Headteacher
- Governing Body

Updated: June 2026