



## Heamoor CP School 3Is profile PSHE and RSE curriculum



### Intent

The PSHE and RSE curriculum is designed to support pupils' personal development, wellbeing and safeguarding, enabling them to become healthy, confident and responsible members of society. Using the **Kapow Primary PSHE and RSE scheme**, we deliver a progressive, inclusive and spiral curriculum, which meets statutory requirements for Relationships Education and Health Education and reflects the needs of our pupils and wider community in Cornwall. The curriculum is ambitious and inclusive, promoting equality, respect and diversity, and equips pupils with the knowledge and skills needed to manage relationships, maintain positive mental and physical health, and make safe, informed choices, ultimately preparing pupils for life in modern Britain.

### Implementation

PSHE and RSE are taught through the **Kapow Primary spiral curriculum**, from EYFS to Year 6, ensuring clear progression in knowledge and skills. Learning is categorised into 5 key areas and sequenced through the following **Kapow units**, which are revisited and built upon each year (Year 6 have an additional focus unit: Identity):

Family and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Identity
Learning how to: form respectful relationships with others, deal with conflict and bullying and the importance of challenging stereotypes.	Learning strategies for looking after their mental and physical health, including: healthy eating, relaxation techniques, sun safety, immunisation facts and the benefits of sleep.	Learning: how to administer first aid in a variety of situations and about safety around medicines, online and road safety and the changes which occur during puberty.	Learning about: human rights and the rights of the child, democracy, diversity and community and protecting the environment.	Learning how to make decisions when it comes to spending, budgeting and saving money and exploring different career choices.	Considering what makes us who we are whilst learning about body image.

Lessons are taught regularly and provide opportunities for discussion, reflection and vocabulary development. RSE content is delivered sensitively and age-appropriately, with parents informed of content and the right to withdraw from non-statutory sex education in Years 5 and 6 (not applicable, as we follow the condensed plan – please see below).

Kapow Primary's RSE and PSHE scheme of work has been designed as a spiral curriculum with the following key principles in mind:

- ✓ Cyclical: Pupils revisit the five key areas throughout KS1 and KS2.
- ✓ Increasing depth: Each time a key area is revisited, it's covered with greater depth and increasing maturity.
- ✓ Prior knowledge: Upon returning to each key area, prior knowledge is utilised so pupils can build on previous foundations, rather than starting again.

### How does Kapow Primary help our school to meet the statutory (and non-statutory) guidance for RSE & PSHE?

Our condensed scheme of work fulfils the statutory requirements for Relationships and Health Education set out by the Department for Education. It also fulfils the National Curriculum requirement to teach PSHE ('All schools should make provision for personal, social, health and economic education') and is mapped to the statutory requirements by referring to the PSHE Association Programme of Study (recommended by the Department for Education.)

Kapow Primary recommends teaching RSE & PSHE for 45 minutes per week to meet the needs of the DfE's Relationships Education, Relationships and Sex Education (RSE) and Health Education guidance. In line with this (and to enable increased retention and continuity of learning) at Heamoor, we allocate 1 lesson per week to the teaching of RSE and PSHE.

### What about sex education?

Sex education is not compulsory in primary schools, beyond what is laid out in the National Curriculum for Science:

- **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 5:** Describe the life process of reproduction in some plants and animals; describe the changes as humans develop to old age [They should learn about the changes experienced in puberty.]

The Kapow Primary scheme of work includes two Year 6 lessons, which parents have the opportunity to withdraw their children from all/part of the lesson: Safety and the changing body: Lesson 5: Conception and Lesson 6: Pregnancy and birth. At Heamoor CP School, we follow the condensed version of the plan, which does **not** include **either** of these lessons and, therefore, parents do not have the option to withdraw their child. However, we will endeavour to make parents and carers aware prior to these lessons being

taught and parents/carers are welcome to view the content of the lessons, resources used and discuss any questions they may have with staff.

### **Knowledge retention**

To maximise knowledge retention, Kapow Primary's scheme of work has a number of features:

- It incorporates a **spiral curriculum model**, ensuring pupils revisit and develop their understanding of key themes and concepts as they progress. This approach allows them to make meaningful connections, reinforce their learning and achieve mastery over time.
- The use of knowledge organisers - a structured document designed to support pupils' learning, by clearly outlining the key knowledge, vocabulary and concepts covered in each unit. It serves as a reference tool for teachers and pupils, helping to consolidate learning and support knowledge retention.
- The use of recap and recall during each lesson, offering a number of advantages for building knowledge retention, including: activating prior knowledge; strengthening memory pathways; identifying gaps in understanding (assessment); building confidence and promoting spaced learning.

### **Impact**

Pupils demonstrate secure understanding of healthy relationships, personal boundaries and wellbeing. They are able to talk confidently about emotions, show respect for diversity, and know how to keep themselves safe, including online.

Impact is evidenced through pupil voice, teacher assessment, lesson observations and positive behaviour and attitudes. Pupils leave the school prepared for the next stage of education and for life in modern Britain.

The Kapow Primary scheme includes a number of ways to check what pupils know, understand and are able to do as a result of studying RSE & PSHE.

Assessment:

- Formative: Kapow Primary's RSE & PSHE lessons include ongoing assessment opportunities, including questioning, retrieval practice and interactive activities. These enable teachers to assess understanding in real time and adapt their teaching accordingly.
- Summative: Each unit provides an Assessment quiz and Knowledge catcher, which allow teachers to measure pupils' understanding at key points. These tools help gauge how well pupils have retained key knowledge and skills over time.

Progress evidence, as shown through:

- Written work, creative responses, diagrams etc
- Pupil voice

### **Whole school development**

#### **Teacher confidence**

The Kapow RSE & PSHE scheme is designed to boost teacher confidence and support whole-school improvement by providing high-quality, accessible resources that empower teachers to deliver engaging and effective lessons.

The scheme supports teacher confidence using:

- Clear lesson plans and subject knowledge support – step-by-step guidance ensures teachers feel well-prepared, even if they are not subject specialists.
- CPD videos – short, expert-led training videos help subject leaders develop their expertise and support their colleagues.
- Adaptive teaching strategies – practical suggestions for differentiation ensure that teachers can confidently meet the needs of all learners.

#### **School improvement**

Kapow Primary's RSE & PSHE scheme supports school improvement using:

- Consistent, high-quality teaching – a structured scheme ensures a coherent approach across year groups, supporting curriculum progression.
- Assessment and evidence tracking – built-in assessment materials help teachers monitor progress and demonstrate impact.
- Alignment with Ofsted expectations – the scheme supports personal development, broadens pupils' horizons and ensures a knowledge-rich curriculum, helping schools meet inspection criteria.
- By reducing workload, building teacher expertise and ensuring high teaching standards, Kapow Primary contributes to a confident teaching staff and a well-structured, effective curriculum that supports whole-school improvement.

#### **Safeguarding and Personal Development**

PSHE and RSE make a strong contribution to safeguarding and personal development. The **Families and relationships** unit explicitly supports pupils in recognising risk, understanding trusted adults and knowing how to seek help. Any disclosures are managed in line with the school's safeguarding procedures. The curriculum supports the school's work on behaviour, wellbeing, equality and British values.