

Relationships, Sex and Health education (RSHE) and Relationships and Sex Education (RSE) & Relationships, Personal, Social & Health Education (PSHE)



Intent



PSHE (Personal, Social, Health and Economic) education, RSHE (Relationships, Sex and Health education) and RSE (Relationships and Sex Education), is an important and valued subject at Southway Junior School. A successful PSHE curriculum will equip pupils with the knowledge, skills and attributes they need to manage their lives, now and in the future. RSHE helps pupils to stay healthy, safe and prepared for life - and work - in modern Britain.

RSHE education at Southway helps pupils to develop the knowledge, skills and attributes they need to thrive as individuals, family members and members of society. From making responsible decisions to succeeding in their first job, RSHE education helps pupils to manage many of the most critical opportunities, challenges and responsibilities they will face growing up.

RSHE is lifelong learning about physical, moral and emotional development. In lessons, children learn about relationships, diversity, **respect**, healthy lifestyles, safety, the body and how it changes, and reproduction and birth in a sensitive and age-appropriate way. The teaching of RSHE at Southway builds on the foundations of skills and knowledge that will be developed further at secondary level. Our key aim in providing RSHE throughout the school is to safeguard our students and equip them to become safe, responsible, empathetic and aspirational citizens for the 21st century. Our RSHE curriculum links inexplicitly with our school values of **respect, resilience, kindness and teamwork**.

More information about RSHE at Southway is available in our [RSHE policy](#).

Implementation



Southway Junior School ensures complete coverage of the RSHE National Curriculum by following the RSHE Association approved scheme of work offered by 1Decision which cultivates and progresses children's learning about the world through motivating stories, interactive choice-based videos and in-depth discussion, in alignment with the school's 'iii' approach. This is then complemented and supplemented by West Sussex's E4S and our own extra planning and resources to make sure the curriculum offer is bespoke and targeted to our children's needs and locality.

Southway's RSHE & RSE curriculum was created in collaboration with our local area, having been informed after consultations with local stakeholders, parents/carers, staff and governors. The teaching of RSHE at Southway combines the West Sussex County Council's E4S (Education for Safeguarding) programme, the PSHE Association Programme of Study and 1Decision. The 1Decision programme of study is based on the PSHE Association curriculum.

When covering year group curricular, teachers will revisit and revise previous years' concepts/coverage. Teachers will also teach extra lessons depending on the needs of individual year groups, classes and children's needs preventatively and reactively. The format of lessons and approach to RSHE will reflect and develop our school values of **resilience, teamwork, kindness and respect.**

More information about RSHE at Southway is available in our [RSHE policy](#).

Impact



In addition to demonstrating the school's values of **respect, kindness, teamwork** and **resilience in their daily lives**, by the end of year six the children will be able to:

- Develop knowledge and understanding of positive and healthy relationships and the importance of commitment
- Be aware of their rights especially in relation to their bodies
- Develop social and relationship skills and protective behaviours
- Be knowledgeable related to the physical and emotional changes of puberty
- Develop understanding of reproduction and birth within the context of loving and caring relationships
- Explore a range of attitudes, values and faith perspectives around aspects of relationships and sex
- Use the internet safely and to recognise the benefits and risks that it brings
- Develop skills around assessing risk and keeping safe
- Have the knowledge and the skills related to understanding to support the development of healthy bodies and minds
- Recognise and manage their emotions
- Be equipped with the knowledge and skills to access appropriate support when needed.

Southway Three IIs



At Southway our pedagogical approach is based on three key, identifiable elements.

INDEPENDENT LEARNING MEANS...

- Teachers providing structured, well ordered classrooms
- Teachers ensuring clear routines
- Staff having consistent learning behaviour expectations
- Teachers providing high quality resources
- Teachers promoting children as teachers as well as learners
- Teachers providing appropriate tasks and learning for children to access at all levels of ability
- Staff applying the C3B4ME – ‘See three before me’ approach

INTERACTIVE LEARNING MEANS...

- Teachers finding appropriate opportunities for exploratory learning through hands on experiences
- Teachers using the outdoors as a teaching and learning space



INSIDE-OUT LEARNING MEANS...

- Children working harder than teachers
- Children investigating rather than being told
- Teachers asking more open ended questions
- Teachers focusing on enquiry based learning
- Teachers demanding excellence

Southway's Values



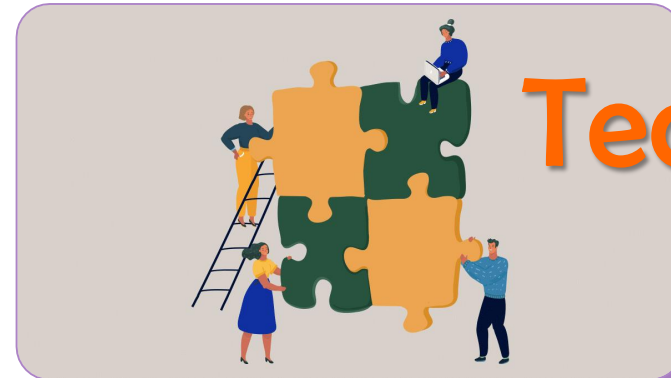
Kindness



Respect



Resilience



Teamwork

Curriculum Overview



PSHE
Association



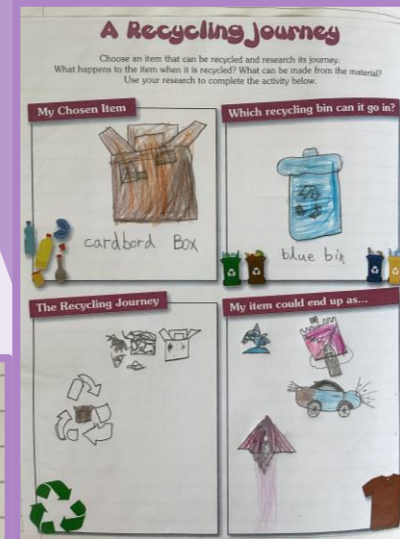
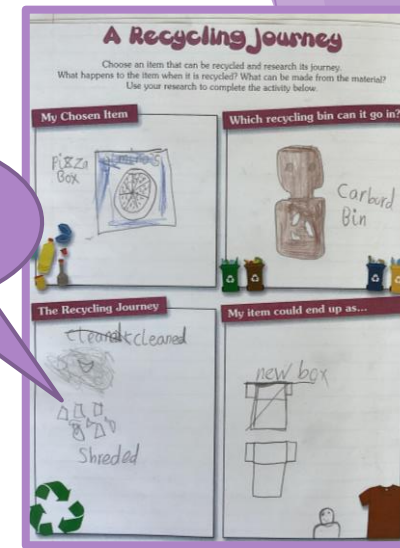
E4S

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	<u>Me and My World</u> Looking after our world	<u>Me and My World</u> Grief	<u>Invaders & Raiders</u> Staying safe Leaning out windows	<u>Invaders & Raiders</u> Hazard	<u>Battles and Bangs</u> Making friends online	<u>Battles and Bangs</u> Medicine Touch
Year 4	<u>Victorian Towns and Twisted Tales</u> Online Bullying	<u>Victorian Towns and Twisted Tales</u> Jealousy Coming home on time	<u>Mysterious Maya</u> Breaking down barriers	<u>Mysterious Maya</u> Cycle Safety	<u>To Infinity and Beyond</u> Chores at home	<u>To Infinity and Beyond</u> Healthy Living Appropriate Touch
Year 5	<u>Power and Palaces</u> Image Sharing	<u>Power and Palaces</u> Anger Looking out for others	<u>We'll Meet Again</u> Inclusion and Acceptance	<u>We'll Meet Again</u> Peer Pressure	<u>Seas, Storms & Survival</u> Enterprise	<u>Seas, Storms & Survival</u> Smoking Puberty
Year 6	<u>Frozen in Time</u> Making Friends Online	<u>Frozen in Time</u> Worry Stealing	<u>Walk Like an Egyptian</u> British Values	<u>Walk Like an Egyptian</u> Water Safety	<u>Blood, Bones and Body Bits</u> In-App Purchases	<u>Blood, Bones and Body Bits</u> Alcohol Conception First Aid

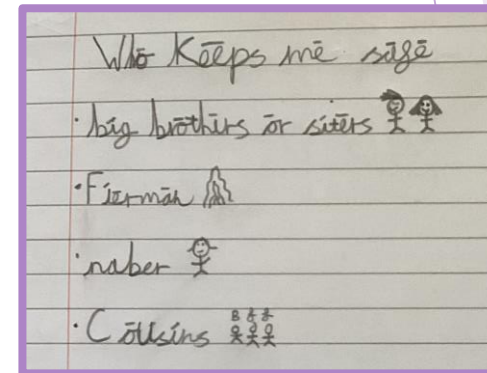
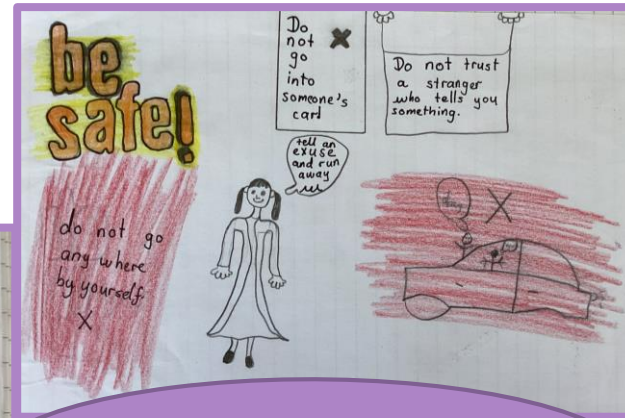
STANDARDS IN YEAR 3



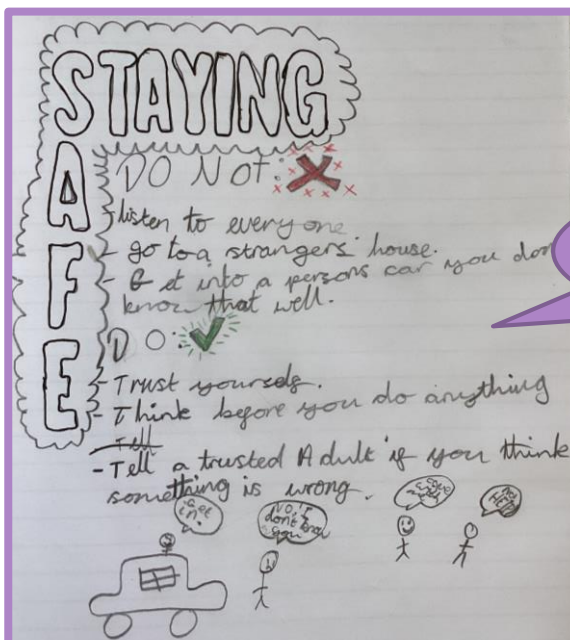
Recycling journey



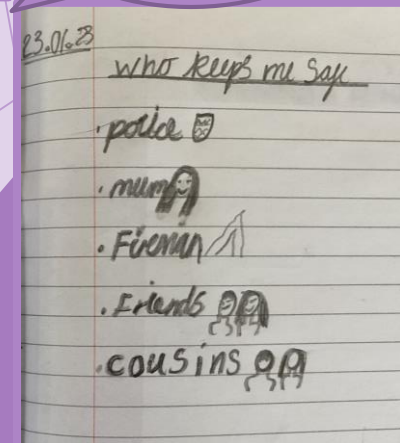
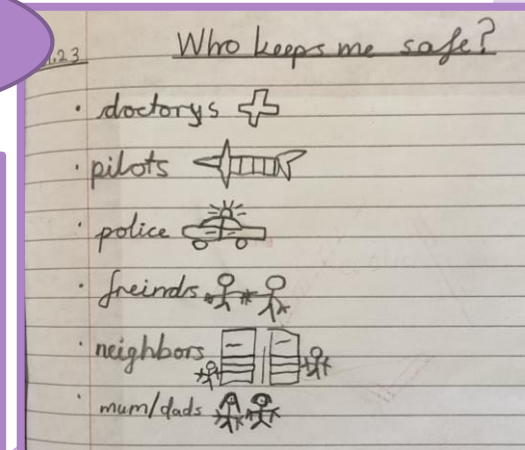
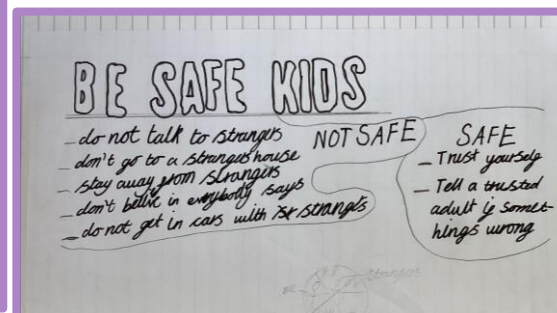
Interactive



Who keeps us safe



Staying safe posters for infant school

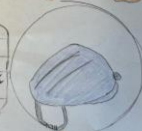


A group of children and an adult are working in a garden. One child is using a hose to water plants in a raised bed, while others stand nearby. A wooden shed is in the background.

A large group of children and adults are posing for a group photo in a garden. The children, many in school uniforms, are arranged in several rows. Some are sitting on wooden raised garden beds, while others stand behind them. The garden features several wooden raised beds, some containing plants. In the background, there are trees with autumn-colored leaves and a brick building. A purple banner with the word 'learning' is overlaid on the top left of the image.



When riding a bike you
need to be aware of
cars and people so
you don't hurt ^{yourself} ~~you~~ or
~~one else~~ and no ^{one} ~~man~~
else.



make sure
your helmet
is on and
the bike is
all screwed
up and
properly.

Always wear a helmet



Make sure your wheels are always pumped up.

Always make sure your wheels

Always use hand signals

Always use clear hand signals to turn left or right so you don't crash into pedestrians or cars.

CYCLE SAFETY

If you don't
want a helmet

If you fall off your bike and you don't have a helmet on you could damage your head very bad.

if you don't
have your wheels
Pumped up

E If you ride with
the others you
could have a serious
injury.

If you don't
see a clear

If you don't use a clear hand to turn left or right you could knock into pedestrians or cars and have a bad injury.

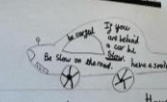
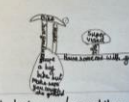
BICYCLE Safety!

Kindness

Careful

Sagtey

Be CAREFUL in the road.
Have KINDNESS to the drivers
It is important to be SAFE



Wear bright clothes and don't wear long clothes. Stay with a parent/cousin/brother or sister. Have something to eat. Make sure you wear a helmet on a path of road. Pick both of your handles on the handlebars. don't be silly. When riding be careful and find a crossing so that you can get across the road safely. If you're a road don't do it. Always use a bell. Never listen to music. don't's back. And also make sure you have a bright light for when it's dark. Check if your bike is safe. If you are on a road signify you are on the way of your going! Be kind to drivers. be safe and have fun on wheels. happy

STANDARDS IN YEAR 5



Zones of regulation



Christ Hospital



Interactive learning



Decision making



STANDARDS IN YEAR 6



Supporting the
community



Sports crew



Magistrates



Pupil Voice



“PSHCE is about feelings, friendship, worries and being scared.”

“PSHCE is about other peoples feelings, not judging.”

“We learn how to express our feelings.”

“There is not a lot of writing but we learn through discussion.”

“We learn about online safety.”

“We learn about how our bodies change as we grow up.”

“I want to learn how to respect other people’s religions and diversity.”

“I want to learn about LGBTQ+ and what’s outside the title.”

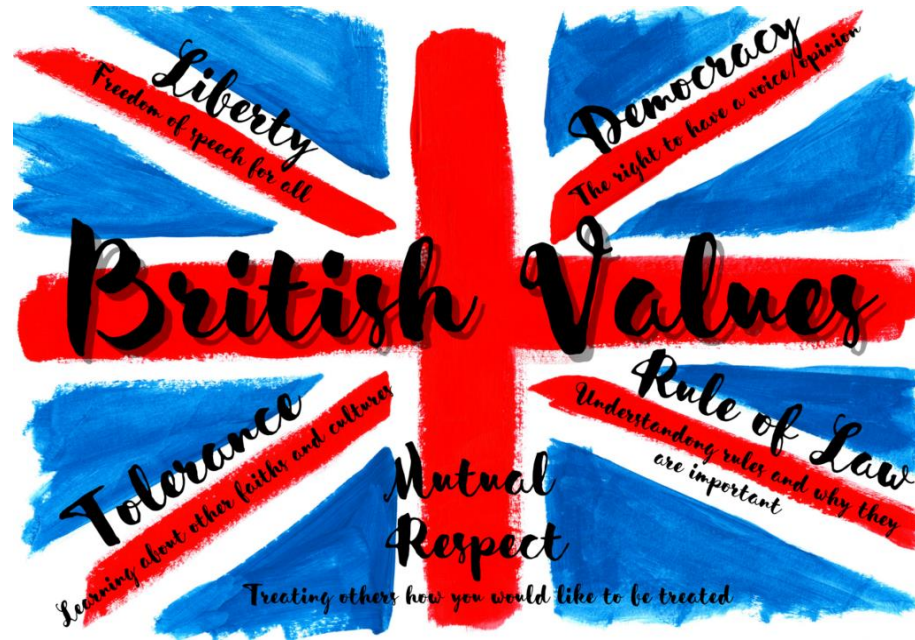
“I want to learn about bullying.”

“I want to learn how to deal with outside situations like people coming up to you in the park.”

British Values and Protected Characteristics



Underpin our school ethos and curriculum

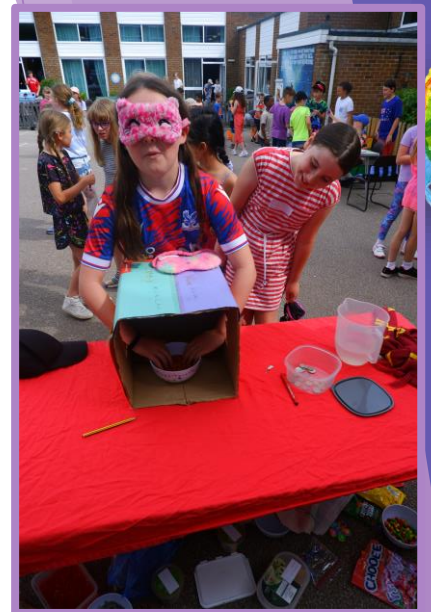


The Equality Act 2010

Enrichment Opportunities



House
Charity Day



Earth Day –
Looking after
our world



Restart a
heart



Assemblies & Visitors



Assemblies about
British Values
and
Protected
Characteristics



Dog's Trust
Charity Assembly



External visitors to
supplement our
curriculum



WSCC NHS Sleep
Advisor talk (for
families and children)