



# Springfield Academy

## Relationship, Sex & Health Education (RSHE)

### Curriculum Information/Consultation



# Context

**Get the facts**  
on Relationships  
and Sex Education

- The Department for Education have introduced new Statutory Requirements from September 2020
- This is for all pupils in compulsory education from primary through to secondary
- Health Education will now be statutory rather than optional
- Academy policy and curriculum will all be published on our website
- Curriculum content will be taught at the appropriate level for the age of the child
- Primary schools will focus on relationship education
- Overlap with science curriculum
- No major changes to what is already taught in RSE





# Springfield Academy RSHE Policy

## What is RSHE?

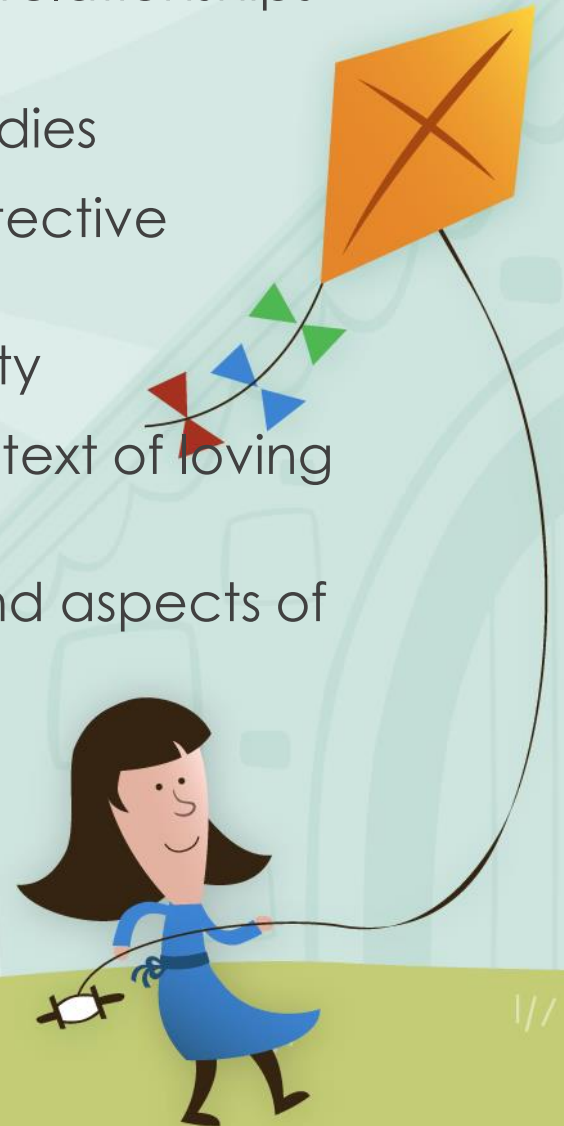
RSHE is lifelong learning about physical, moral and emotional development.

Through RSHE children learn about relationships, diversity, respect, healthy lifestyles, safety, the body and how it changes, reproduction and birth in a sensitive and **age-appropriate** way.



# Key Objectives:

1. Develop knowledge and understanding of positive and healthy relationships and the importance of commitment
2. Make pupils aware of their rights especially in relation to their bodies
3. Enable the development of social and relationship skills and protective behaviours
4. Prepare pupils for the physical and emotional changes of puberty
5. Develop understanding of reproduction and birth within the context of loving and caring relationships
6. Explore a range of attitudes, values and faith perspectives around aspects of relationships and sex



# Key Objectives:

7. Support pupils to use the internet safely and to recognise the benefits and risks that it brings
8. Develop pupils' skills around assessing risk and keeping safe
9. Enable children to gain the skills and understanding to support the development of healthy bodies and minds
10. Enable pupils to recognise and manage their emotions
11. Provide pupils with the knowledge and skills to access appropriate support





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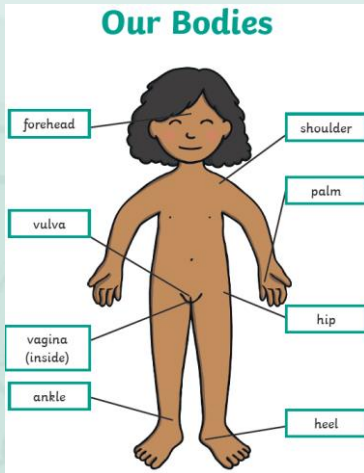
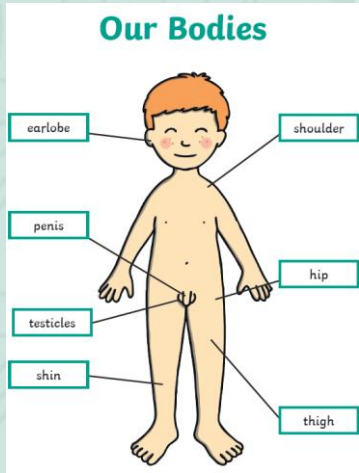
## RSHE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	What is the same and different about us?	Who is special to us?	What helps us stay healthy?	What can we do with money?	Who helps to keep us safe?	How can we look after each other and the world?
Year 2	What makes a good friend?	What is bullying?	What jobs do people do?	What helps us to stay safe?	What helps us grow and stay healthy?	How do we recognise our feelings?
Year 3	How can we be a good friend?	What keeps us safe?	What are families like?	What makes a community?	Why should we eat well and look after our teeth?	Why should we keep active and sleep well?
Year 4	What strengths, skills and interests do we have?	How do we treat each other with respect?	How can we manage our feelings?	How will we grow and change?	How can our choices make a difference to others and the environment?	How can we manage risk in different places?
Year 5	What makes up a person's identity?	What decisions can people make with money?	How can we help in an accident or emergency?	How can friends communicate safely?	How can drugs common to everyday life affect health?	What jobs would we like?
Year 6	How can we keep healthy as we grow?		How can the media influence people?		What will change as we become more independent? How do friendships change as we grow?	



# Examples of RSHE resources:

## Key Stage 1



## Lower Key Stage 2

### Where Do I Come From?

The baby grows and develops inside the mother's uterus (womb) over nine months. It develops a heart, a spine, lungs and a brain. At about seven weeks, the foetus develops the internal sex organs that determine whether it is male or female. At around nine weeks, the external male and female body parts start to form.

## Upper Key Stage 2

### Growing Up

We are going to be learning about growing up.

We will learn about the physical and emotional changes boys and girls go through as they grow and change from children to adults.

We will also be learning about body image (the way we see ourselves and others) and stereotypes.

We will be learning more about human reproduction, loving relationships and sexual relationships.

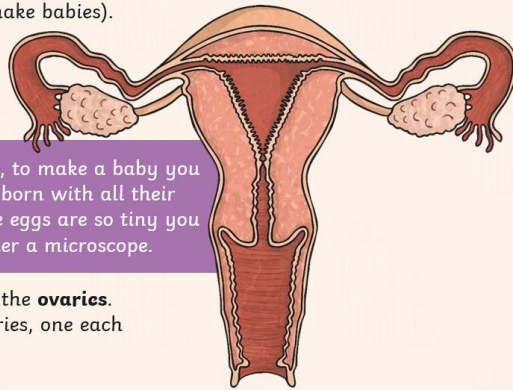


## Key Stage 2

### Why Do We Get Periods?



Puberty is when young bodies get ready to become adult bodies. One thing adult bodies can do is reproduce (make babies).



As you may remember, to make a baby you need an **egg**. Girls are born with all their eggs in their body. The eggs are so tiny you can only see them under a microscope.

The eggs are stored in the **ovaries**. Females have two ovaries, one each side of the **uterus**.

## Key Stage 1

### It's My Body



Our PSHE topic is called It's My Body.



In this unit of learning, we will learn about the choices we can make about looking after our bodies. We will look at key areas, such as sleep and exercise, diet, cleanliness and substances. We will learn facts about each of these areas and learn strategies on how to manage them.



# Examples of RSHE Resources



# Key Points:

1. Everything is taught at an age appropriate stage
2. As always – the curriculum will be adapted to meet the needs of all children so that they can all access age appropriate information and resources
3. We will let you know what we are teaching when so that you can support your child
4. At primary parents can't choose to withdraw their child from relationships education or from the science curriculum under DfE statutory guidance
5. Parents can choose to withdraw their child from aspects of sex education. In primary this would be in Year 6 and you would be fully informed as to the content.
6. The DfE has consulted with community and faith leaders extensively in devising the RSHE curriculum

