



Relationships and Health Education (RHE) at WEPS

Review date: July 2026

At our school, Relationships and Health Education focuses on teaching students about caring friendships, families, respectful relationships, online safety, personal safety, growing up, and puberty, in line with the DfE 2020 Statutory Relationship and Health Education guidance. We follow the Ealing PSHE Scheme which is designed to meet the NC programmes of study.

Relationships and Health Education (RHE) is a compulsory subject taught as part of our PSHE (Personal, Social, Health, and Economic) education from Reception to Year 6. Our PSHE and RHE curriculum is designed to help children grow up happy, healthy, and safe, providing them with age-appropriate knowledge and skills throughout their time at school. PSHE includes all elements of Relationships and Health education as well as elements of citizenship and financial literacy. For more detailed information on PSHE, please refer to our PSHE policy, available on our school website.

Sex Education is included within the Relationships and Health Education curriculum for Year 6 and builds on the understanding of puberty and growing up, which is a required part of Health Education. Sex education in the primary stage specifically covers the scientific process of reproduction, including how a baby is conceived and born. While this is a statutory part of the National Science Curriculum, it is a non-statutory element within Year 6 RHE lessons. However, it is taught as part of the Relationships and Health education topic- 'changing adolescent bodies'. The goal of Relationships Education is to equip students with the life skills needed to make informed decisions and protect themselves from harmful or exploitative situations. The purpose of this education is to promote equality, explore human and social diversity, and foster self-worth while encouraging the recognition, acceptance, and respect of differences.

At WEP, we will provide Relationships Education to all pupils as per section 34 of the Children and Social Work Act 2017. We are not required to provide sex education, but we do need to teach the elements of sex education contained in the science curriculum. Our school delivers sex education as part of Relationships and Health Education to Year 6 pupils. Parents can withdraw from elements of the curriculum defined as sex education lessons but not from Health Education.

The intent of Relationships Education and Health Education at our school is to ensure all children have the opportunity to develop the knowledge and skills to keep themselves happy, healthy and safe, now and in the future.

The aims of the curriculum are designed to:

- Support children in becoming resilient, confident, and well-informed individuals;
- Develop confidence in talking, listening and thinking about feelings and relationships;
- Teach pupils the correct vocabulary to describe themselves and their bodies;
- Be prepared for puberty and understand the basic changes that happen during puberty;
- Understand how to keep themselves and their bodies healthy, clean and safe;



- Help pupils recognise and maintain healthy age-appropriate relationships;
- Provide a framework in which sensitive discussions can take place;
- Develop our school learning values of being ready, responsible and safe

Our RHE curriculum is taught as part of our PSHE curriculum which is split into three main topics: Relationships education, Health Education and Living in the Wider World. Relationships and Health Education are divided across Autumn and Summer term and Living in the Wider World is taught across Spring Term. Biological aspects of Relationships and Health Education are taught within the science curriculum.

Relationships and Health Education are mainly taught across Autumn and Summer term. Autumn term explores friendships and personal health including physical and mental health. Summer term explores families and relationships with people in the community who can support us such as emergency services.

Health education in Summer term for pupils in Year 4 onwards discusses the changing adolescent body and the changes that will happen as children grow up. This sequence of lessons for Year 6 pupils culminates in the one sex education lesson which covers reproduction. This lesson builds upon the knowledge of the male and female reproductive systems which has been taught within health education lessons. Themes related to Relationships and Health education such as keeping safe, personal boundaries, good and bad touch, healthy friendships, online safety, peer pressure, saying no, the PANTS rule, families and people who care for me are also integrated into lessons throughout the school year to ensure a consistent spiraling approach to keeping safe.

Relationships Education will usually be delivered by a member of school staff, usually the child's class teacher. If an external visitor is delivering all or aspects of Relationships and Health Education, parents will be informed. Relationships Education is usually delivered in mixed gender groups other than when it is deemed more appropriate for topics to be covered in single sex groups.

Both formal and informal RHE questions arising from pupils are answered according to the age and maturity of the pupil(s) concerned. Questions do not have to be answered directly and can be addressed individually later. The school believes that individual teachers must use their skill and discretion in this area and refer to the Child Protection Lead if they are concerned. The following are protocols teachers follow for discussion ('Ground Rules'). No one (teacher or pupil) will have to answer a personal question. No one will be forced to take part in a discussion. Only correct/agreed names for body parts will be used. Meanings of words will be explained in a sensible and factual way.

The use of a question box may help to lessen embarrassment of asking questions. Teachers may use their discretion in responding to questions and may say (for example):

- The appropriate person to answer that question is your parent
- The question can be discussed one to one after class



At WEPS we focus on ensuring that pupils are taught the vocabulary and are given opportunities to use during class discussions and other tasks. To aid the pupils' long term memory the related vocabulary is displayed for the half term together with the main learning question for the half term and the British Values are displayed in every classroom so that it can be reviewed by teachers quickly and easily.

At WEPS we believe every child should have equal access to all the RHE lessons and especially SEND and EAL pupils so that they learn the correct vocabulary to explain their problem with total confidence if and when needed.

Our policy is reviewed, discussed, agreed upon and followed by all teachers and support staff. It is shared and discussed with the governing body, parents and carers and pupils.

The impact of our subject policy is continually evaluated and reviewed. At a minimum, the policy is reviewed once per academic year.

Lesson timings: There are 5 Lessons for each term and it is taught once a week. Each lesson is between 30 to 40 minutes long. KS1 generally are allocated 30 minutes per lesson, whereas KS2 are allocated 40 minutes in order to have enough time to have a good discussion/debate and record their learning.

Displays Each class has to display the British Value, the Learning Question of the half term half and the related vocabulary that the pupils should learn, use during discussions and set tasks and know the meaning of the key vocabulary.

Books Each class is expected to display their PSHE class book and class folder. Some of the pupils' work can be displayed in the class book(with the date and learning intention) and other work will be put in the class folder. The teacher will do a simple assessment at the beginning of the topic to see how many pupils understand the subject and/or the vocabulary. Then the teacher will review the assessment questions to check whether the children have understood, made some progress or mastered their learning about the given topic.

Homework There is no set days for homework for PSHE but if and when the teacher feels that the pupils will benefit from doing some research, make a poster or complete a class task then the work will be set homework.

Assessment The purpose of assessment is to check that pupils have understood the work and have retained the information. The assessment will be done by reviewing previous topics/ lessons. And summative assessment will be done at the beginning and end of each unit.

Lesson Structure

(Basic elements of typical lessons with some variation for year groups)

Overview

(General overview of subjects each term for the year groups)

Links



(include hyperlinks to: more detailed coverage maps, deeper subject policies and general lesson folders)