

## **Relationship Health Education (RSHE ) Culcheth Primary Overview.**

At Culcheth we follow the current guidance on RSHE education, introduced in 2020. This is delivered and monitored across the curriculum but links strongly with the PE, Computing and Science curriculum. The Kapow programme is followed to ensure coverage of all Relationship education and some Health education. Coram Life education and School nurses provide areas not covered by this.

RSHE Curriculum coverage:

**Relationship and Health Education Reception:** This follows the PSED curriculum goals in EYFS. This is integral to learning in EYFS and is supported by Kapow lessons and the Life Caravan

### **Relationship Education: KS1**

- Families and relationships
- Caring friendships
- Respectful relationships
- Being Safe

### **Health Education KS1**

- Mental wellbeing
- Internet Safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing bodies.

Other resources available for teachers to plan for the specific needs of their class include:

Change 4 life resources (<https://campaignresources.phe.gov.uk/schools>)

Ebug KS2 (Ask RSHE lead)

Coram Life education (All staff have access)

Picture story books allocated to each Year group, raising the profile of LGBT. (Ask RSHE lead)

Year 5 and 6 focus units Happily Ever after and Alien Nation highlighting LGBT in an accessible way. (Ask RSHE lead)

St Johns Ambulance First aid lesson Resources.

RSHE/SMSC lessons should be covered weekly and should include at least 2x

30mins, stand-alone lessons. One of these should be a Kapow lesson, all Kapow lessons for each half term should be completed. The other 30 min session should reflect your class needs. They can include mindfulness activities, reading a story to discuss relationships/emotions, circle time activities.

RSHE should be encouraged and reflected in all lessons, especially respectful relationships, caring friendships and mental wellbeing.

## **SEN**

All SEN children should be able to access lessons and discussions and may include smaller discussion groups or one to one to ensure access to the curriculum.