

Respect 🍏 Resourcefulness 🍏 Relationships 🍏 Risk Taking 🍏 Resilience 🍏 Reflectiveness



# Burghill Community Academy PSHE & RSE Policy



Reviewed: Spring 2025  
Mr. N. Locke

## **Intent**

At Burghill Community Academy, our PSHE (Personal, Social, Health, and Economic Education) and RSE (Relationships and Sex Education) curriculum is designed to align with our school's vision and values, as embodied by the 6 Rs: Reflectiveness, Relationships, Resilience, Resourcefulness, Respect, and Risk-Taking. We use the Kapow PSHE & RSE scheme to provide an inclusive, comprehensive, and age-appropriate curriculum that equips our pupils with the knowledge, skills, and attitudes needed to navigate the complexities of life in the 21st century.

The intent of our PSHE & RSE curriculum is to empower pupils to make informed choices about their health, safety, wellbeing, relationships, and finances, enabling them to become confident individuals and active, responsible members of society. The schemes meet the statutory requirements for Relationships Education, Relationships and Sex Education (RSE), and Health Education as outlined in the Department for Education's statutory guidance, and also encompasses the broader PSHE learning in line with the National Curriculum (2014) and the PSHE Association Programme of Study.

Our curriculum reflects the latest learning theories, including those promoted by the Education Endowment Foundation (EEF), and follows a spiral model to ensure that key topics—such as personal boundaries, consent, and healthy relationships—are revisited regularly, allowing for reinforcement of knowledge and deepening of understanding over time. This approach aligns with the forgetting curve theory, helping pupils retain and apply information effectively.

In addition, the curriculum actively promotes the four fundamental British values—democracy, rule of law, individual liberty, and mutual respect and tolerance—to prepare pupils for life in modern Britain. Pupils learn about these values through discussions, role-play, and reflective activities, which encourage them to respect others, understand the importance of laws, make responsible decisions, and appreciate democratic processes.

## **Implementation**

Our PSHE & RSE curriculum are implemented through their respective schemes, a whole-school approach covering all year groups from Early Years Foundation Stage (EYFS) to Key Stage 2. The curriculum is structured into key areas of learning, ensuring progression and development across each year group. PSHE lessons are delivered weekly by class teachers, with RSE lessons embedded within the units and spread evenly throughout the academic year.

For EYFS, the scheme focuses on:

- Self-regulation
- Building relationships
- Managing self

For Key Stages 1 and 2, the curriculum is organized into five core areas:

- Families and relationships
- Health and wellbeing
- Safety and the changing body
- Citizenship
- Economic wellbeing

These areas are revisited throughout the school year, enabling pupils to build on their prior learning in a progressive manner. Our curriculum is aligned with the statutory requirements for Relationships and Health Education, extending beyond these requirements to include citizenship and economic wellbeing in line with the PSHE Association Programme of Study. Additionally, sex education is covered in Year 6, as recommended by the Department for Education (DfE). Our lesson plans and resources for our PSHE & RSE lessons are available for any parents to look at should they wish.

To ensure all pupils can access the learning and make progress, the Kapow scheme incorporates a wide range of teaching and learning activities, including discussions, stories, scenarios, video clips, and role-playing exercises. Each year group begins with an introductory lesson to establish ground rules, creating a safe and inclusive environment for learning about sensitive topics. Differentiated guidance ensures that lessons are accessible to all, providing challenges for more able learners and additional support where needed.

#### Promoting Fundamental British Values

The Kapow scheme supports the promotion of fundamental British values in the following ways:

- **Democracy:** Pupils engage in activities that promote democratic values, such as voting on class decisions, role-playing democratic processes, and discussing the importance of having a voice and making choices.
- **Rule of Law:** Pupils learn about the importance of rules and laws in society, why they are necessary, and the consequences of breaking them. This is reinforced through lessons on personal safety, online safety, and understanding responsibilities.
- **Individual Liberty:** The curriculum promotes personal freedom and responsibility by teaching pupils about rights, personal boundaries, and decision-making. Pupils are encouraged to express their opinions, understand their rights, and respect others' rights.
- **Mutual Respect and Tolerance:** The scheme fosters respect and tolerance by celebrating diversity and teaching about different cultures, religions, and beliefs. Pupils learn to appreciate differences, challenge stereotypes, and develop empathy for others.

The Kapow scheme also offers cross-curricular opportunities, particularly with Computing for online safety and Science for health and wellbeing topics such as nutrition and personal hygiene. It provides consistent messages across the school about how to access help and emphasizes the importance of safeguarding through lessons on personal boundaries,

consent, and safe relationships, supporting the school's duty of care as outlined in the statutory "Keeping Children Safe in Education" guidance.

Resources such as long-term plans, statutory guidance mapping, progression documents, and expert Q&A videos ensure that staff are supported in delivering the curriculum effectively, enhancing both teacher confidence and pupil learning outcomes.

## **Impact**

The impact of the curriculums is continually assessed through both formative and summative assessment methods. Each PSHE lesson in the scheme includes guidance to help teachers assess whether pupils have met the learning objectives, exceeded expectations, or need further support. Tools such as quizzes and "Knowledge Catchers" help to identify gaps in learning and measure progress over time. Our RSE lessons encourage plenty of opportunities for teachers to gather summative assessment through the activities and discussions.

By engaging with this curriculum, pupils develop essential life skills and a comprehensive understanding of topics such as healthy relationships, personal safety, digital literacy, and economic wellbeing. The curriculum prepares pupils to handle the challenges and responsibilities of modern life, contributing to their overall personal development as defined in the Ofsted Inspection Framework.

Pupils will demonstrate the impact of their learning through:

- **Reflectiveness:** Developing self-awareness and the ability to evaluate their choices and behaviors to improve in the future.
- **Relationships:** Building positive interactions with others, managing conflicts, and fostering healthy friendships.
- **Resilience:** Developing strategies to cope with challenges, bounce back from setbacks, and persevere in difficult situations.
- **Resourcefulness:** Using a range of strategies to solve problems, make decisions, and help others.
- **Respect:** Demonstrating understanding and appreciation of diversity, showing kindness, and challenging prejudice.
- **Risk-Taking:** Learning to assess and manage risks in various contexts, including online safety and personal safety.

By the end of their time at Burghill Community Academy, pupils will have met the statutory objectives for Relationships and Health Education. They will leave with the confidence, skills, and knowledge to navigate social, emotional, and practical challenges, contribute positively to society, and make healthy, safe, and informed choices throughout their lives.