



PSHE & RSE – Intent, Implementation and Impact

Intent

At William Reynolds Primary School and Nursery, our vision is to empower every child "to be the best we can be." This vision is deeply embedded in our approach to PSHE and RSE, where we prioritise transformational education that nurtures confident, resilient, and emotionally literate individuals. We want every pupil to develop a secure understanding of themselves, their relationships, their place in the world, and how to navigate life in modern Britain with integrity, empathy and courage.

Our PSHE and RSE curriculum, underpinned by Kapow Primary, equips pupils with the knowledge, skills and attitudes they need to thrive personally and socially, now and in the future. It develops reflective learners who are able to make informed choices about their health, wellbeing, relationships and future aspirations.

Aligned with our school's Rainbow Values: **Challenge, Honesty, Ownership, Courage, and Collaboration** - the curriculum enables children to:

- Understand and regulate their emotions and behaviours.
- Build and sustain positive relationships.
- Develop a strong sense of self-worth and purpose.
- Recognise and celebrate difference.
- Understand rights, responsibilities and the importance of consent, safety and equality.
- Prepare for the changes of growing up and how to stay physically and mentally healthy.

The curriculum supports our safeguarding culture, addressing issues such as boundaries, consent, personal safety (including online safety), and mental wellbeing. It also reflects British values and contributes to children's spiritual, moral, social and cultural (SMSC) development.

Implementation

Our PSHE and RSE curriculum is delivered through the Kapow Primary spiral model. It is carefully structured around **three core areas in EYFS** and **five core themes from Key Stage 1 to Key Stage 2**:

EYFS (aligned with the EYFS Statutory Framework):

- Self-regulation
- Building relationships
- Managing self

KS1 and KS2:

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

Each area is revisited and built upon across the key stages, ensuring progression in knowledge, vocabulary, and skills. Where appropriate, lessons include non-statutory sex education in Year 6, in line with the DfE's recommendations and our school's RSE policy.

The scheme reflects the **PSHE Association Programme of Study** and meets all statutory requirements for Relationships and Health Education. It supports the Equality Act through direct teaching on diverse families, respectful relationships, stereotyping and inclusive representation in resources.

To ensure high-quality delivery:

- Each year begins with a ground rules session, establishing a safe space for discussion.
- Lessons use a range of approaches including story, scenario-based discussion, role play and video stimulus to explore real-life situations.
- Differentiation and inclusive practices are embedded, supporting all learners to access and succeed.
- Cross-curricular links are made with science (health, growing, nutrition) and computing (online safety).
- Children revisit learning regularly through retrieval-based activities, reflections and knowledge catchers.

Staff are supported through guidance videos and planning documents, including:

- Long-term plans
- Progression of knowledge and skills
- Statutory mapping documents
- Protected characteristics overview

Impact

Our PSHE and RSE curriculum ensures pupils develop the confidence, resilience and emotional intelligence needed to make safe and healthy choices and become reflective, responsible citizens.

We assess impact through:

- Ongoing teacher observations, discussion and questioning.
- End-of-unit quizzes and knowledge catchers to measure knowledge acquisition and progression.
- Class reflections and written responses which show developing attitudes and understanding.
- Monitoring of books and pupil voice by subject leaders to ensure consistency and impact across the school.

As a result of our curriculum, pupils:

- Meet the statutory expectations for Relationships and Health Education.
- Can explain their rights and responsibilities in relationships and society.
- Know how to seek help when needed and understand how to stay safe in different contexts.
- Demonstrate increased empathy, self-regulation, and awareness of others' feelings and experiences.
- Contribute positively to their community and reflect the Rainbow Values in their actions.

Ultimately, our PSHE and RSE curriculum nurtures the character and wellbeing of every child, preparing them not just for secondary school - but for life. It underpins our mission to ensure every child can "be the best we can be."