



What's new in PSHE and RSE for 2020/21?

Personal, Social, Health
and Economic Education

Relationship and Sex
Education



From the 2020/21 academic year, there were changes made to how schools deliver PSHE including the following subjects becoming mandatory:

- Relationship education in primary schools
- Relationship and sex education in secondary schools
- Health education in state funded primary and secondary schools

The aim is to support all children to be happy, healthy and safe, equipping them for life as an adult in British society.

This presentation runs through what these changes mean to our approach to PSHE and RSE at Grange Farm Primary School.



- We **must** provide the following to all pupils:
 - Relationships education
 - Health education
- The DfE have made it clear that **schools should not just ‘teach to the guidance’**, but see it as the basic requirement which forms part of broader PSHE education.
- **The statutory guidance outlines what schools *must* cover – though not everything that schools *should* cover** – in PSHE from 2020. The Department for Education (DfE) says: *‘All elements of PSHE are important and the government continues to recommend PSHE be taught in schools’*.



What is Relationship Education?

- Different kinds of relationships – including friendships, families and people pupils can go to for support
- Characteristics of healthy relationships
- How to take turns, treat other with kindness, consideration and respect
- The importance of honesty, permission seeking and giving and the concept of personal privacy
- Personal space and boundaries, showing respect and understanding the differences between appropriate and inappropriate contact
- Online safety and appropriate behaviour online
- Developing personal attributes including honesty, integrity, courage, humility, kindness, generosity, trustworthiness and a sense of justice
- Positive emotional and mental wellbeing, including how friendships can support mental wellbeing
- How to recognise and report things that feel wrong



What is Health Education?

- The importance of daily exercise, good nutrition and sufficient sleep
- The steps pupils can take to protect their own and others' health and wellbeing – this includes teaching simple self-care techniques, personal hygiene, how to prevent health and wellbeing problems and basic first aid
- The relationship between good physical health and good mental wellbeing – including the benefits that exercise and spending time outdoors can have on mental wellbeing
- The benefits of hobbies, interests and participation in communities
- The benefits of rationing the time spent online and the risks of excessive use of electronic devices
- Issues relating to isolation, loneliness, unhappiness, bullying and negative impact of poor health and wellbeing
- Why social media, computer games and online gaming have age restrictions, and how to manage common online difficulties (to be covered later in primary schools)
- Puberty and menstruation should be covered at primary and secondary level – where possible, these subjects should be addressed before onset



What about Sex Education?

- These new statutory requirements do not extend to **sex education** at KS 1 and 2 (beyond the biological/reproductive aspects schools are already required to cover in science)
- However, the Department for Education '*continues to recommend that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils*'
- Parents will continue to have the right to withdraw their child from sex education but **not** from statutory Relationships Education or Health Education.



PSHE and RSE at Grange Farm

We use a combination of two different resources to teach PSHE (including RSE) at Grange Farm:

- 1decision
- The Christopher Winters Project



1decision



Shortlisted for the Teach Primary Awards in 2018, 1decision has been developed over the last seven years and has been kitemarked to the highest standard within this area of education.

Children are consistently surrounded by high quality imagery and we have chosen this resource as we feel it will support children in exceeding expectations within the new statutory subject areas.





We use 1Decision to support the delivery of PSHE and RSE. RSE is addressed under the Relationships in Years 1-3 and Growing and Changing in Years 4-6.

Each unit contains a video which the children watch and then make a decision about the best choice to make in the specific scenario. They are then shown the possible consequences of each choice. Each lesson contains a lot of discussion, tasks for the children to complete and opportunities for assessing understanding.

The progression of content is shown on the next page.



Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
KEEPING/STAYING SAFE	KEEPING/STAYING SAFE	KEEPING/STAYING SAFE	KEEPING/STAYING SAFE	KEEPING/STAYING SAFE	KEEPING/STAYING SAFE
Assessment - Baseline Road Safety	Tying Shoelaces	Staying Safe Leaning Out of Windows Assessment - Summative	Assessment - Baseline Cycle Safety	Peer Pressure Adults' & Children's Views	Water Safety Assessment - Summative
KEEPING/STAYING HEALTHY	KEEPING/STAYING HEALTHY	KEEPING/STAYING HEALTHY	KEEPING/STAYING HEALTHY	KEEPING/STAYING HEALTHY	KEEPING/STAYING HEALTHY
Assessment - Baseline Washing Hands	Healthy Eating Brushing Teeth	Medicine Assessment - Summative	Assessment - Baseline Healthy Living	Smoking Adults' & Children's Views	Alcohol Assessment - Summative
RELATIONSHIPS	RELATIONSHIPS	RELATIONSHIPS	GROWING AND CHANGING	GROWING AND CHANGING	GROWING AND CHANGING
Assessment - Baseline Friendship	Bullying Body Language	Touch Assessment - Summative	Assessment - Baseline Appropriate Touch (Relationships)	Puberty Adults' & Children's Views	Conception Assessment - Summative
BEING RESPONSIBLE	BEING RESPONSIBLE	BEING RESPONSIBLE	BEING RESPONSIBLE	BEING RESPONSIBLE	BEING RESPONSIBLE
Assessment - Baseline Water Spillage	Practice Makes Perfect Helping Someone in Need	Stealing Assessment - Summative	Assessment - Baseline Coming Home on Time	Looking Out for Others Adults' & Children's Views	Stealing Assessment - Summative
FEELINGS AND EMOTIONS	FEELINGS AND EMOTIONS	FEELINGS AND EMOTIONS	FEELINGS AND EMOTIONS	FEELINGS AND EMOTIONS	FEELINGS AND EMOTIONS
Assessment - Baseline Jealousy	Worry Anger	Grief Assessment - Summative	Assessment - Baseline Jealousy	Anger Adults' & Children's Views	Worry Assessment - Summative
COMPUTER SAFETY	COMPUTER SAFETY	COMPUTER SAFETY	COMPUTER SAFETY	COMPUTER SAFETY	COMPUTER SAFETY
Assessment - Baseline Online Bullying	Image Sharing Computer Safety Documentary	Making Friends Online Assessment - Summative	Assessment - Baseline Online Bullying	Image Sharing Adults' & Children's Views	Making Friends Online Assessment - Summative
OUR WORLD	OUR WORLD	OUR WORLD	THE WORKING WORLD	THE WORKING WORLD	THE WORKING WORLD
Assessment - Baseline Growing In Our World	Living In Our World Working In Our World	Looking After Our World Assessment - Summative	Assessment - Baseline Chores at Home	Enterprise Adults' & Children's Views	In-App Purchases Assessment - Summative
HAZARD WATCH This module is suggested for years 1-3 and can be delivered where suitable			A WORLD WITHOUT JUDGEMENT	A WORLD WITHOUT JUDGEMENT	A WORLD WITHOUT JUDGEMENT
Assessment - Baseline • Is it safe to eat or drink? • Is it safe to play with? Assessment - Summative			Assessment - Baseline Breaking Down Barriers	Inclusion and Acceptance Adults' & Children's Views	British Values Assessment - Summative



The Christopher Winters Project

Sex Education is not statutory at Primary School, but strongly recommended.

Grange Farm will continue to deliver the Relationship and Sex Education program based on The Christopher Winters Project which we have delivered in previous years. Parents continue to have the right to withdraw their pupils from Sex Education, but NOT from statutory Relationships Education or Health Education.

As the statutory Relationship and Health Education includes learning about puberty and body changes, it will only be the topic of conception (covered in Year 6) that falls into this category.

In previous years, parents had the right to withdraw children from any aspect of Relationship and Sex Education which included content in our Living and Growing units of work – specifically puberty and menstruation. These aspects are now included in the statutory Health Education and therefore children can not be withdrawn.



The Christopher Winters Project - Progression

These are the units of work which we have previously used at Grange Farm and which will continue to be used now.

These are an addition to, and run alongside, the work we do that is based on 1Decision.

Reception Our Lives

- Lesson 1: **Our Day**
- Lesson 2: **Keeping Ourselves Clean**
- Lesson 3: **Families**

Year 1 Growing and Caring For Ourselves

- Lesson 1: **Keeping Clean**
- Lesson 2: **Growing and Changing**
- Lesson 3: **Families and Care**

Year 2 Differences

- Lesson 1: **Differences: Boys and Girls**
- Lesson 2: **Differences: Male and Female**
- Lesson 3: **Naming the Body Parts**

Year 3 Valuing Difference and Keeping Safe

- Lesson 1: **Differences: Male and Female**
- Lesson 2: **Personal Space**
- Lesson 3: **Family Differences**

Year 4 Growing Up

- Lesson 1: **Growing and Changing**
- Lesson 2: **What is Puberty?**
- Lesson 3: **Puberty Changes and Reproduction**

Year 5 Puberty

- Lesson 1: **Talking about Puberty**
- Lesson 2: **Male and Female Changes**
- Lesson 3: **Puberty and Hygiene**

Year 6 Puberty, Relationships and Reproduction

- Lesson 1: **Puberty and Reproduction**
- Lesson 2: **Understanding Relationships**
- Lesson 3: **Conception and Pregnancy**
- Lesson 4: **Communication in Relationships**