



# Relationships and Sex Education Policy

**Date Agreed:** April 2021

**Review Date:** April 2022

**Signed:** \_\_\_\_\_  
**Chair of Governors**

**St Blasius C of E Primary Academy**

**Relationships and Sex Education Policy**

## Revision Record

Revision No.	Date Issued	Prepared By	Approved	Comments
1	April 2021	JP		New policy
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## **RELATIONSHIPS AND SEX EDUCATION POLICY**

At St Blasius Church of England Primary Academy we believe that everyone's physical, moral cultural, spiritual and intellectual developments are all influenced by the individuals own feelings towards themselves and their relationships with others. Sexuality is an integral part of everyone's personality of what they are physically, what they feel emotionally and how others perceive them in terms of gender and expectations.

### **Legal framework**

This policy has due regard to legislation and statutory guidance including, but not limited to, the following:

- Section 80A of the Education Act 2002
- Children and Social Work Act 2017
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- Equality Act 2010
- DfE (2019) 'Relationships, Education, Relationships and Sex Education (RSE) and Health Education'
- DfE (2013) 'Science programmes of study: key stages 1 and 2'

This policy operates in conjunction with the following academy policies:

- Child Protection and Safeguarding Policy
- Behaviour Policy
- SEND Policy
- Single Equalities Policy
- Anti-Bullying Policy
- Online Safety Policy

### **Roles and responsibilities**

The governing board is responsible for:

- Ensuring all pupils make progress in achieving the expected educational outcomes.
- Ensuring the curriculum is well led, effectively managed and well planned.
- Evaluating the quality of provision through regular and effective self-evaluation.
- Ensuring teaching is delivered in ways that are accessible to all pupils with SEND.
- Providing clear information for parents on subject content and their rights to request that their children are withdrawn.
- Making sure the subjects are resourced, staffed and timetabled in a way that ensures the academy can fulfil its legal obligations.

The Principal is responsible for:

- The overall implementation of this policy.
- Ensuring staff are suitably trained to deliver the subjects.
- Ensuring that parents are fully informed of this policy.
- Reviewing requests from parents to withdraw their children from the subjects.
- Discussing requests for withdrawal with parents.
- Organising alternative education for pupils, where necessary, that is appropriate and purposeful.
- Reporting to the governing board on the effectiveness of this policy.
- Reviewing this policy on an annual basis.

The relationships, sex and health education subject leader is responsible for:

- Overseeing the delivery of the subjects.
- Ensuring the subjects are age-appropriate and high-quality.

- Ensuring teachers are provided with adequate resources to support teaching of the subjects.
- Ensuring the academy meets its statutory requirements in relation to the relationships, sex and health curriculum.
- Ensuring the relationships, sex and health curriculum is inclusive and accessible for all pupils.
- Working with other subject leaders to ensure the relationships, sex and health curriculum complements, but does not duplicate, the content covered in the national curriculum.
- Monitoring and evaluating the effectiveness of the subjects and providing reports to the Principal.

Relationships, sex and health education will be delivered by class teachers.

The appropriate teachers are responsible for:

- Delivering a high-quality and age-appropriate relationships, sex and health curriculum in line with statutory requirements.
- Using a variety of teaching methods and resources to provide an engaging curriculum that meets the needs of all pupils.
- Ensuring they do not express personal views or beliefs when delivering the programme.
- Modelling positive attitudes to relationships, sex and health education.
- Responding to any safeguarding concerns in line with the Child Protection and Safeguarding Policy.
- Acting in accordance with planning, monitoring and assessment requirements for the subjects.
- Liaising with the SENCO to identify and respond to individual needs of pupils with SEND.
- Working with the relationships, sex and health education subject leader to evaluate the quality of provision.

The SENCO is responsible for:

- Advising teaching staff how best to identify and support pupils' individual needs.
- Advising staff on the use of LSAs in order to meet pupils' individual needs.

### **Principles**

We understand our responsibility to deliver a high-quality, age-appropriate and evidence-based relationships, sex and health curriculum for all our pupils. This policy sets out the framework for our relationships, sex and health curriculum, providing clarity on how it is informed, organised and delivered.

At St Blasius Academy, we believe that a shared understanding of approach amongst Local Governors, Staff, Parents and Pupils is essential with the following guiding principles:

- The foundation for sex education is in the development of making safe choices, self-esteem and healthy relationships with others.
- School sex education complements and supports the role of parents. Home/School partnerships should always be encouraged to ensure that sex education is a shared responsibility.
- Sex education is a life long process. Pupils will benefit from appropriate sex education from the beginning of their schooling in order to build foundations for sexual health from an early age.
- Sex education will be presented in a sensitive, objective and balanced manner, acknowledging that pupils come from backgrounds that reflect differing values, cultures religious beliefs and experiences.

- All pupils will be offered sex education in order to learn about their development in relation to others. However, parents have a right to withdraw their child from these lessons (excluding the Science National Curriculum).
- In teaching Relationships and Sex Education we must have regard to guidance issued by the Secretary of State.

### **Aims**

As part of our Personal Development Learning, our relationships and sex education element aims to:

- Provide a structure and climate within the academy in which each pupil can move towards a positive self-image with a developing sense of responsibility for themselves and others.
- Provide a framework in which sensitive discussions can take place.
- Help pupils acquire:
  - Sufficient and appropriate knowledge and understanding
  - Positive attitudes and values
  - Personal skills
 To reach their physical, social, sexual and moral potential.
- Provide an appropriate and accurate language with which to talk about themselves growing and changing.
- Combat ignorance, anxiety and misinformation and to educate against discrimination and prejudice.
- Encourage pupils to develop positive attitudes towards all body functions, personal hygiene and related health issues.
- Reassure pupils of their value and self worth as well as encouraging pupils to respect and value others.
- Generate an atmosphere where pupils can learn about and discuss sexual matters without embarrassment.
- Help pupils understand that they have rights and should have control over who touches their body and develop the ability to make informed choices, decisions, regardless of conflict and pressure.

### **Organisation of the curriculum**

- Relationships and health education must be delivered to every primary-aged pupil. Primary schools have the option to decide whether pupils are taught sex education.
- Our Relationships education focusses on giving pupils the knowledge they need to make informed decisions about their wellbeing, health and relationships, and to build their self-confidence. Health education focusses on equipping pupils with the knowledge they need to make good decisions about their own health and wellbeing.
- Our Sex Education programme is planned to provide opportunities for the children to develop an understanding of their own and others sexuality and to develop skills that promote and maintain positive relationships.
- For the purpose of this policy, “relationships and sex education” is defined as teaching pupils about healthy, respectful relationships, focussing on family and friendships, in all contexts, including online, as well as developing an understanding of human sexuality.
- For the purpose of this policy, “health education” is defined as teaching pupils about physical health and mental wellbeing, focussing on recognising the link between the two and being able to make healthy lifestyle choices.
- The delivery of the relationships education and health education coincide with one another and will be delivered as part of the academy RSHE curriculum.
- The relationships and health curriculum has been organised in line with the statutory requirements outlined in the DfE (2019) ‘Relationships, Education, Relationships and Sex Education (RSE) and Health Education’ guidance.

- The relationships and health curriculum takes into account the views of teachers, pupils and parents. We are dedicated to ensuring our curriculum meets the needs of the whole-school community.
- We consult with parents, pupils and staff in the following ways:
  - Questionnaires and surveys
  - Pupil voice
  - Training sessions
  - Newsletters and letters
- Any parent or teacher wishing to provide feedback about the curriculum can do so at any time during the academic year by:
  - Organising a meeting with the Principal.
  - Using ClassDojo.
  - Submitting written feedback into the Office.
- The academy has organised a curriculum that is age-appropriate for pupils within each year group, based on the views of teachers, parents and pupils.
- When organising the curriculum, the religious backgrounds of all pupils will be considered, so that the topics that are covered are taught appropriately.
- The academy uses the 1decision resources to support the teaching of relationships, sex and health education. These resources have been developed in line with the current programme of study produced by the PSHE Association. 1decision is an interactive platform that provides a full primary PSHE programme provided in two user-friendly portals, one for 5-8 year olds and one for 8-11 year olds. During their time at primary school, children will encounter many of life's challenges for the first time. The 1decision resources aim to help children develop the skills to manage different influences and pressures as part of their personal development. It is a concept to help children make safe and positive choices now and in the future. A core of video scenarios, complete with alternative endings, stimulates high level discussions alongside enjoyable and engaging activities. After experiencing these virtual situations, pupils can feel empowered to make choices for the characters that feature in the videos, and can transfer their newly acquired skills and knowledge to real life situations they may face. Baseline, formative, and summative assessments throughout the modules clearly indicate children's prior knowledge as well as their progression.

This will support the following policies of the academy:

- Single Equalities Policy
- Health and Safety Policy
- Management of Learning and Behaviour Policy
- Child Protection Policy

### **Delivery of the curriculum**

- The relationships, sex and health curriculum will be delivered as part of our PDL curriculum.
- Through effective organisation and delivery of the subject, we will ensure that:
  - Core knowledge is sectioned into units of manageable size.
  - The required content is communicated to pupils clearly, in a carefully sequenced way, within a planned scheme of work.
  - Teaching includes sufficient and well-chosen opportunities and contexts for pupils to embed new knowledge so that it can be used confidently in real-life situations.
- The curriculum is delivered proactively, such that it addresses issues in a timely way in line with current evidence on children's physical, emotional and sexual development.
- Teaching of the curriculum reflects requirements set out in law, particularly the Equality Act 2010, so that pupils understand what the law does and does not allow, and the wider legal implications of the decisions they make.

- We consider it appropriate to teach pupils about LGBTQ+, we will ensure that this content is fully integrated into the relationships, sex and health curriculum, rather than delivered as a standalone unit or lesson.
- Pupils will be taught about LGBTQ+ in Year 6; however, we will always consider the development and maturity of pupils before teaching this topic.
- The academy ensures that all teaching and materials are appropriate for the ages of the pupils, their religious backgrounds, their developmental stages and any additional needs, such as SEND.
- Lesson plans will provide appropriate challenge for pupils and be differentiated for pupils' needs.
- Classes may be taught in gender-segregated groups, dependent upon the nature of the topic being delivered at the time, and the cultural background of pupils where it is only appropriate to discuss the body in single gender groups.
- Throughout every year group, appropriate diagrams, videos, books, games, discussion and practical activities will be used to assist learning.
- Inappropriate images, videos, etc. will not be used, and resources will be selected with sensitivity given to the age, developmental stage and cultural background of pupils.
- Pupils will be prevented from accessing inappropriate materials on the internet when using such to assist with their learning. The prevention measures taken to ensure this are outlined in the academy E-Safety Policy.
- Teachers will establish what is appropriate for one-to-one and whole-class settings, and alter their teaching of the programme accordingly.
- Teachers will ensure that pupils' views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively, honestly and appropriate to the pupil's age.
- The programme and activities will be designed and planned to ensure that both boys and girls are actively involved.
- Teachers will focus heavily on the importance of healthy relationships, though sensitivity will always be given as to not stigmatise pupils based on their home circumstances.
- Teachers will ensure that lesson plans are centred on reducing stigma, particularly in relation to mental wellbeing, and encouraging openness through discussion activities and group work.
- Teachers will ensure lesson plans focus on challenging perceived views of pupils based on protected characteristics, through exploration of, and developing mutual respect for, those different to themselves.
- Any resources or materials used to support learning will be formally assessed by the relationships, sex and health education subject leader before use to ensure they are appropriate for the age and maturity of pupils, and sensitive to their needs.
- In teaching the curriculum, teachers will be aware that pupils may raise topics such as self-harm and suicide. When talking about these topics in lessons, teachers will be aware of the risks of encouraging these behaviours and will avoid any resources or material that appear as instructive rather than preventative.
- At all points of delivery of this programme, parents will be consulted, and their views will be valued. What will be taught and how, will be planned in conjunction with parents.
  - Whilst there are no formal examinations for the relationships, sex and health curriculum, the academy will undertake informal assessments to determine pupil progress by looking at the evidence in pupil's class books.

### **Working with parents**

- The academy understands the important role parents play in enhancing their children's understanding of relationships, sex and health. Similarly, we also understand how important parents' views are in shaping the curriculum.

- The academy works closely with parents by establishing open communication – all parents are consulted in the development and delivery of the curriculum.
- Parents are provided with the following information:
  - The content of the relationships, sex and health curriculum
  - The delivery of the relationships, sex and health curriculum, including what is taught in each year group
  - The legalities surrounding withdrawing their child from the subjects
  - The resources that will be used to support the curriculum
- The academy aims to build positive relationships with parents by inviting them into school to discuss what will be taught, address any concerns and help parents in managing conversations with their children on the issues covered by the curriculum.
- Parents are consulted in the review of the curriculum and this policy, and are encouraged to provide their views at any time.

### **Working with external experts**

- External experts may be invited to assist from time-to-time with the delivery of the programme and will be expected to comply with the provisions of this policy.
- The academy will ensure all visitor credentials are checked before they are able to participate in delivery of the curriculum, in line with the Safeguarding Policy.
- The academy will ensure that the teaching delivered by the external expert fits with the planned curriculum and this policy.
- Before delivering the session, the academy will discuss the details of the expert's lesson plan and ensure that the content is age-appropriate and accessible for the pupils.
- The academy will also ask to see the materials the expert intends to use, as well as a copy of the lesson plan, to ensure it meets all pupils' needs, including those with SEND.
- The academy will agree with the expert the procedures for confidentiality, ensuring that the expert understands how safeguarding reports should be dealt with in line with the Child Protection Policy and Safeguarding Policy.
- The intended use of external experts is to enhance the curriculum delivered by teachers, rather than as a replacement for teachers.

### **Equality and accessibility**

- The academy understands its responsibilities in relation to the Equality Act 2010, specifically that it must not unlawfully discriminate against any pupil because of their:
  - Age
  - Sex or sexual orientation
  - Race
  - Disability
  - Religion or belief
  - Gender reassignment
  - Pregnancy or maternity
  - Marriage or civil partnership
- The academy is committed to making reasonable adjustments wherever possible to promote accessibility and inclusivity of the curriculum.
- The academy understands that pupils with SEND or other needs (such as those with social, emotional or mental health needs) are entitled to learn about relationships, sex and health education, and the programme will be designed to be inclusive of all pupils.
- Teachers will understand that they may need to be more explicit and adapt their planning of work and teaching methods in order to appropriately deliver the programme to pupils with SEND or other needs.
- Provisions under the Equality Act 2010 allow our school to take positive action, where it can be evidenced to be proportionate, to respond to particular disadvantages affecting a group because of a protected characteristic. For example, we could

consider taking positive action to support girls if there was evidence that they were being disproportionately subjected to sexual violence or sexual harassment.

- When deciding whether support is necessary to support pupils with a particular protected characteristic, we will consider our pupils' needs, including the gender and age range of our pupils.
- In order to foster healthy and respectful peer-to-peer communication and behaviour between boys and girls, the school implements a robust Behaviour Policy, as well as a Child Protection Policy and Safeguarding Policy, which set out expectations of pupils.

### Curriculum links

- The academy seeks opportunities to draw links between relationships, sex and health education and other curriculum subjects wherever possible to enhance pupils' learning.
- Relationships, sex and health education will be linked to the following subjects in particular:
  - **Science** – pupils learn about the main external parts of the body and changes to the body as it grows from birth to old age, including puberty.
  - **Computing** – pupils learn about online safety, including how to use technology safely, responsibly, respectfully and securely, how to keep personal information private and how to access help and support.
  - **PE** – pupils explore various physical activities, are physically active for sustained periods of time, engage in competitive sport and understand how exercise can lead to healthier lifestyles.
  - **RSHE** – pupils learn about respect and difference, values and characteristics of individuals, the requirements of the law, their responsibilities and the possible consequences of their actions.

### Withdrawing from the subjects

- Relationships and health education are statutory at primary and parents **do not** have the right to withdraw their child from the subjects.
- As sex education is not statutory at primary level (other than what must be taught as part of the science curriculum), parents have the right to request to withdraw their child from all or part of the sex education curriculum. The Principal will automatically grant withdrawal requests in accordance with this, the Principal will be available to discuss the request with the parent and, if appropriate, their child, to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum.
- The Principal will be available to discuss with the parent, the benefits or receiving this important education and any adverse effects that withdrawal may have on the pupil – this could include, for example, social and emotional effects of being excluded.
- The Principal will keep a record of the discussion between themselves, the pupil and the parent.
- The Principal will grant a parent's request to withdraw their child from sex education, other than the content that must be taught as part of the science curriculum.
- The parent will be informed in writing of the Principal's decision.
- Where a pupil is withdrawn from sex education, the Principal will ensure that the pupil receives appropriate alternative education.

### Behaviour

- The academy has a zero-tolerance approach to bullying. We aim to foster a culture based on mutual respect and understanding for one another.
- Any bullying incidents caused as a result of the relationships, sex and health education programme, such as those relating to sexual orientation, will be dealt with as seriously as other bullying incidents within the school.
- These incidents will be dealt with following the processes in our Behaviour Policy and Anti-Bullying Policy.



- The Principal will decide whether it is appropriate to notify the police and/or the local authority of the incident.

### **Confidentiality**

- Confidentiality within the classroom is an important component of relationships, sex and health education, and teachers are expected to respect the confidentiality of their pupils as far as is possible.
- Teachers will, however, alert the Principal about any suspicions of inappropriate behaviour or potential abuse as per the school's Child Protection Policy and Safeguarding Policy.
- Pupils will be fully informed of the school's responsibilities in terms of confidentiality and will be aware of what action may be taken if they choose to report a concern or make a disclosure.
- Any reports made during lessons, or as a result of the content taught through the curriculum, will be reported to the Designated Safeguarding Lead and handled in accordance with the Child Protection Policy and Safeguarding Policy.

### **Monitoring quality of education**

- The relationships, sex and health education subject leader is responsible for monitoring the quality of teaching and learning for the subjects.
- The relationships, sex and health education subject leader will conduct subject assessments on a termly basis, which will include a mixture of the following:
  - Self-evaluations
  - Pupil conferencing
  - Learning walks
  - Work scrutiny
  - Lesson planning scrutiny
- The relationships, sex and health education subject leader will work regularly and consistently with the Principal, e.g. through termly review meetings, to evaluate the effectiveness of the subjects and implement any changes.
- The relationships, sex and health education subject leader will create annual subject reports for the Principal and governing board to report on the quality of the subjects.

### **Monitoring and review**

- This policy will be reviewed on an annual basis by the relationships, sex and health education subject leader and Principal. The next scheduled review date for this policy is March 2022.
- This policy will also be reviewed in light of any changes to statutory guidance, feedback from parents, staff or pupils, and issues in the school or local area that may need addressing.
- The governing board is responsible for approving this policy.
- Any changes made to this policy will be communicated to all staff, parents and, where necessary, pupils.

## **Appendix 1**

### **Relationships education overview**

- The academy is free to determine, within the statutory curriculum content, what pupils are taught during each year group.
- The academy always considers the age and development of pupils when deciding what will be taught in each year group.
- The academy plans a progressive curriculum, such that topics are built upon prior knowledge taught in previous years as they progress through school to provide a smooth transition to secondary school.

**Families and people who care for me** By the end of primary school, pupils will know:

- That families are important for them growing up because they can give love, security and stability.
- The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
- That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.
- That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.
- That marriage or civil partnership represents a formal and legally recognised commitment of two people to each other.
- How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

**Caring friendships** By the end of primary school, pupils will know:

- How important friendships are in making us feel happy and secure, and how people choose and make friends.
- The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.
- That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
- That most friendships have ups and downs, but that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
- How to recognise who to trust and who not to trust.
- How to judge when a friendship is making them feel unhappy or uncomfortable.
- How to manage conflict.
- How to manage different situations and how to seek help from others if needed.

**Respectful relationships** By the end of primary school, pupils will know:

- The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), make different choices, or have different preferences or beliefs.
- Which practical steps they can take in a range of different contexts to improve or support respectful relationships.
- The conventions of courtesy and manners.
- The importance of self-respect and how this links to their own happiness.

- That in school and wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.
- About the different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying to an adult, and how to seek help.
- What a stereotype is, and how they can be unfair, negative or destructive.
- The importance of permission-seeking and giving in relationships with friends, peers and adults.

**Online relationships** By the end of primary school, pupils will know:

- That people sometimes behave differently online, including pretending to be someone they are not.
- That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online, even when we are anonymous.
- The rules and principles for keeping safe online.
- How to recognise harmful content and contact online, and how to report these.
- How to critically consider their online friendships and sources of information.
- The risks associated with people they have never met.
- How information and data is shared and used online.

**Being safe** By the end of primary school, pupils will know:

- What sorts of boundaries are appropriate in friendships with peers and others – including in a digital context.
- About the concept of privacy and the implications of it for both children and adults.
- That it is not always right to keep secrets if they relate to being safe.
- That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- How to respond safely and appropriately to adults they may encounter (in all contexts, including online) who they do not know.
- How to recognise and report feelings of being unsafe or feeling bad about any adult.
- How to ask for advice or help for themselves and others, and to keep trying until they are heard.
- How to report concerns or abuse, and the vocabulary and confidence needed to do so.
- Where to seek advice, for example, from their family, their school and other sources.

### **Health education overview**

The focus at primary level is teaching the characteristics of good physical health and mental wellbeing.

- The academy is free to determine, within the statutory curriculum content, what pupils are taught during each year group.
- The academy always considers the age and development of pupils when deciding what will be taught in each year group.
- The academy plans a progressive curriculum, such that topics are built upon prior knowledge taught in previous years as they progress through school to provide a smooth transition to secondary school.

**Mental wellbeing** By the end of primary school pupils will know:

- That mental wellbeing is a normal part of daily life, in the same way as physical health.
- That there is a normal range of emotions, e.g. happiness, sadness, anger, fear, surprise and nervousness.
- The scale of emotions that humans experience in response to different experiences and situations.

- How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
- The benefits of physical exercise, time outdoors, community participation, and voluntary and service-based activity on mental wellbeing and happiness.
- Simple self-care techniques, including the importance of rest, time spent with friends and family, and the benefits of hobbies and interests.
- How isolation and loneliness can affect children and that it is very important they discuss their feelings with an adult and seek support.
- That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.
- Where and how to seek support (including recognising the triggers for seeking support), extending to who in school they should speak to if they are worried about themselves or others.
- That it is common to experience mental ill health and, for the many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

**Internet safety and harms** By the end of primary school, pupils will know:

- That for most people, the internet is an integral part of life and has many benefits.
- About the benefits of rationing time spent online.
- The risks of excessive time spent on electronic devices.
- The impact of positive and negative content online on their own and others' mental and physical wellbeing.
- How to consider the effect of their online actions on others.
- How to recognise and display respectful behaviour online.
- The importance of keeping personal information private.
- Why social media, some computer games and online gaming, for example, are age-restricted.
- That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.
- How to be a discerning consumer of information online, including understanding that information (inclusive of that from search engines) is ranked, selected and targeted.
- Where and how to report concerns and get support with issues online.

**Physical health and fitness** By the end of primary school, pupils will know:

- The characteristics and mental and physical benefits of an active lifestyle.
- The importance of building regular exercise into daily and weekly routines and how to achieve this, for example by walking or cycling to school, a daily active mile, or other forms of regular, vigorous exercise.
- The risks associated with an inactive lifestyle, including obesity.
- How and when to seek support, including which adults to speak to in school if they are worried about their health.

**Healthy eating.** By the end of primary school, pupils will know:

- What constitutes a healthy diet, including an understanding of calories and other nutritional content.
- The principles of planning and preparing a range of healthy meals.
- The characteristics of a poor diet and risks associated with unhealthy eating, including obesity, and other behaviours, e.g. the impact of alcohol on diet or health.

**Drugs alcohol and tobacco** By the end of primary school, pupils will know:

- The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

**Health and prevention** By the end of primary school, pupils will know:

- How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body.
- About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
- The importance of sufficient good-quality sleep for good health, and that a lack of sleep can affect weight, mood and ability to learn.
- About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
- About personal hygiene and germs including bacteria and viruses, how they are spread and treated, and the importance of hand washing.
- The facts and science relating to immunisation and vaccination.

**Basic first aid.** By the end of primary school, pupils will know:

- How to make a clear and efficient call to emergency services if necessary.
- Concepts of basic first-aid, for example dealing with common injuries, including head injuries.
- How to restart the heart of someone who has suffered a cardiac arrest including the use of a defibrillator.

**Changing adolescent body.** By the end of primary school, pupils will know:

- Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- About menstrual wellbeing and key facts relating to the menstrual cycle.

### **Sex education overview**

- All pupils must be taught the aspects of sex education outlined in the primary science curriculum – this includes teaching about the main external parts of the human body, how it changes as it grows from birth to old age, including puberty, and the reproductive process in some plants and animals.
- The academy is free to determine whether pupils should be taught sex education beyond what is required of the national curriculum. Although it is not statutory to deliver sex education outside of the science curriculum at primary level, the DfE recommends that all primary schools should have a sex education programme in place. This should be tailored to the age, and physical and emotional maturity of pupils, and should ensure that boys and girls are prepared for the changes that adolescence brings, drawing on knowledge of the human life cycle.
- At our academy, we do teach pupils sex education beyond what is required of the science curriculum.
- Parents have been fully consulted in the organisation and delivery of our sex education curriculum, in accordance with section 3 and section 4 of this policy.
- Parents have been given the opportunity to share their ideas on what should be taught through sex education.
- The age and development of pupils is always considered when delivering sex education.

1Decision - Year by Year breakdown of topic delivery

Suggested for years 1 5-8 Resources	Suggested for years 2 5-8 Resources	Suggested for years 3 5-8 Resources	Suggested for year 4 8-11 Resources	Suggested for year 5 8-11 Resources	Suggested for year 6 8-11 Resources
<b>KEEPING/STAYING SAFE</b>	<b>KEEPING/STAYING SAFE</b>	<b>KEEPING/STAYING SAFE</b>	<b>KEEPING/STAYING SAFE</b>	<b>KEEPING/STAYING SAFE</b>	<b>KEEPING/STAYING SAFE</b>
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
<b>KEEPING/STAYING HEALTHY</b>	<b>KEEPING/STAYING HEALTHY</b>	<b>KEEPING/STAYING HEALTHY</b>	<b>KEEPING/STAYING HEALTHY</b>	<b>KEEPING/STAYING HEALTHY</b>	<b>KEEPING/STAYING HEALTHY</b>
Assessment - Baseline Washing Hands	Healthy Eating Brushing Teeth	Medicine Assessment - Summative	Assessment - Baseline Healthy Living	Smoking Adults' & Children's Views	Alcohol Assessment - Summative
<b>RELATIONSHIPS</b>	<b>RELATIONSHIPS</b>	<b>RELATIONSHIPS</b>	<b>GROWING AND CHANGING</b>	<b>GROWING AND CHANGING</b>	<b>GROWING AND CHANGING</b>
Assessment - Baseline Friendship	Bullying Body Language	Touch Assessment - Summative	Assessment - Baseline Appropriate Touch (Relationships)	Puberty Adults' & Children's Views	Conception Assessment - Summative
<b>BEING RESPONSIBLE</b>	<b>BEING RESPONSIBLE</b>	<b>BEING RESPONSIBLE</b>	<b>BEING RESPONSIBLE</b>	<b>BEING RESPONSIBLE</b>	<b>BEING RESPONSIBLE</b>
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
<b>FEELINGS AND EMOTIONS</b>	<b>FEELINGS AND EMOTIONS</b>	<b>FEELINGS AND EMOTIONS</b>	<b>FEELINGS AND EMOTIONS</b>	<b>FEELINGS AND EMOTIONS</b>	<b>FEELINGS AND EMOTIONS</b>
Assessment - Baseline Jealousy	Worry Anger	Grief Assessment - Summative	Assessment - Baseline Jealousy	Anger Adults' & Children's Views	Worry Assessment - Summative
<b>COMPUTER SAFETY</b>	<b>COMPUTER SAFETY</b>	<b>COMPUTER SAFETY</b>	<b>COMPUTER SAFETY</b>	<b>COMPUTER SAFETY</b>	<b>COMPUTER SAFETY</b>
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
<b>OUR WORLD</b>	<b>OUR WORLD</b>	<b>OUR WORLD</b>	<b>THE WORKING WORLD</b>	<b>THE WORKING WORLD</b>	<b>THE WORKING WORLD</b>
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
<b>HAZARD WATCH</b> This module is suggested for years 1-3 and can be delivered where suitable			<b>A WORLD WITHOUT JUDGEMENT</b>	<b>A WORLD WITHOUT JUDGEMENT</b>	<b>A WORLD WITHOUT JUDGEMENT</b>
<b>Assessment - Baseline • Is it safe to eat or drink? • Is it safe to play with?</b> <b>Assessment - Summative</b>			Assessment - Baseline Breaking Down Barriers	Inclusion and Acceptance Adults' & Children's Views	British Values Assessment - Summative