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| Reviewed on: | April 2026 |
| Next review due by: | April 2027 |

Introduction

At Appletree Gardens First School, Personal, Social, Health and Citizenship Education (PSHCE) and Relationships & Health Education (RHE) are central to our vision of helping every child flourish academically, socially and emotionally. We provide a curriculum that is broad, balanced and designed to meet the needs of all pupils, as required by the Education Act 2002 and Academies Act 2010.

Our curriculum aims for all pupils to:

- Be confident, independent lifelong learners
- Value themselves and celebrate difference
- Be mentally and physically healthy
- Form respectful, caring relationships
- Develop resilience and ambition
- Be responsible, thoughtful citizens

PSHE and RSE at Appletree Gardens are delivered through a whole-school ethos of inclusion, kindness and respect. We use the **Jigsaw Programme** to ensure carefully sequenced, age-appropriate progression.

Statutory Requirements

This policy complies with:

- **Relationships Education and Health Education statutory guidance (DfE, updated Dec 2025)**, applicable to all primary schools.
- **Keeping Children Safe in Education (KCSIE) 2025**, including strengthened online safety and safeguarding expectations.
- Updated **RSHE Guidance (2025)** to be statutory from 1 September 2026, emphasising online harms, parental engagement and safe relationships education.



PSHE RSE Policy

All teaching is age-appropriate and delivered sensitively, in line with DfE expectations.

Curriculum Overview

Whole School Approach

PSHE is taught for **one hour per week** through Jigsaw's six progressive units:

1. **Being Me in My World** - identity, belonging, class and school community
2. **Celebrating Difference** - diversity, inclusion, anti-bullying (including cyberbullying)
3. **Dreams and Goals** - aspirations, teamwork, resilience
4. **Healthy Me** - physical health, substances, mental wellbeing
5. **Relationships** - families, friendships, communication, safety
6. **Changing Me** - growing up, emotions, puberty (age-appropriate)

Teaching is reinforced through assemblies, weekly values, enhancement days and our positive school culture.

Relationship Education

By the end of Year 4, children will learn about:

Families who care for me

- Different types of families
- Qualities of healthy family life
- Where to go for help if relationships feel unsafe
(covered through Jigsaw and school pastoral systems)

Caring Friendships

- Qualities of positive friendships
- Managing conflict
- Seeking help if friendships feel unkind

Respectful Relationships

- Showing respect to everyone
- Understanding stereotypes
- Permission-seeking and consent in everyday situations
Aligned with KCSIE guidance on respectful behaviour and tackling bullying

Online Relationships



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- Respectful behaviour online
- Knowing that people may behave differently online
- Risks, harmful content and how to report concerns

Being Safe

- Boundaries and privacy
- Recognising unsafe situations
- Reporting concerns and seeking help persistently

Health Education

Teaching covers:

Mental Wellbeing

- Identifying emotions
- Coping strategies
- Knowing when and how to seek support

Internet Safety and harms

- Impact of technology on wellbeing
- Age-appropriate use of devices
- Recognising and reporting harmful content

Physical Health and Fitness

- Benefits of exercise
- Reducing sedentary behaviour

Healthy eating, hygiene and sleep

- Balanced diets
- Oral health
- Handwashing and infection prevention

Drugs, tobacco, vaping and alcohol

- Understanding risks (age-appropriate)

Basic First Aid

- Emergency calls and responding to common injuries

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Changing Bodies

- Puberty is taught sensitively at an age-appropriate stage (Year 4), in line with statutory expectation
- **Sex education (conception)** is *not* taught in our first school setting

Sex Education (Non-statutory)

Appletree Gardens does **not** deliver sex education (conception or reproduction) as this is taught in **Year 5** at Middle School, consistent with DfE guidance allowing schools to determine content.

Removed Jigsaw lessons include:

- **Year 3:** Babies, inside/outside body changes
- **Year 4:** Having a baby, puberty-specific content

Puberty education is **still taught** as part of statutory Health Education.

Safeguarding and RSE

Our curriculum directly supports safeguarding by:

- Teaching pupils to recognise unsafe behaviour
- Emphasising consent and boundaries
- Addressing online safety, including harmful content and grooming risks
- Ensuring pupils know how to report concerns

This reflects strengthened guidance in KCSIE 2025 and RSHE 2025, including identifying online risks, child-on-child abuse, and harmful sexual behaviours.

Inclusion, Equality & SEND

Teaching is adapted to ensure all pupils, including those with SEND, can access and participate fully.

We follow the Equality Act 2010 and use inclusive language and resources that reflect diverse families and identities.

Parental Engagement

The DfE requires proactive parental consultation for RSHE, and we:



PSHE RSE Policy

- Share curriculum plans
- Invite parents to view teaching materials
- Provide information sessions where needed

We have an open-door approach for questions about content or delivery.

Monitoring & Review

- Lessons are monitored through planning scrutiny, observations and pupil voice
- The Senior Leadership Team and PSHE Lead review provision annually
- Governors approve this policy and any significant changes