

RSHE curriculum at
Bridgewater Primary
School

2020-2021



BRIDGEWATER
PRIMARY SCHOOL

What is RSHE and what are the new requirements?

MPs have voted in favour of the new RSE and Health Curriculum, which is **mandatory from September 2020 (delayed to Summer 2021)**.

DfE guidance - Aim

“To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will **enable them to make informed decisions about their wellbeing, health and relationships** and to build their self-efficacy.

Pupils can put this knowledge into practice as they develop the capacity to **make sound decisions when facing risks**, challenges and complex contexts.

Everyone faces difficult situations in their lives. These subjects can support young people to **develop resilience, to know how and when to ask for help**, and to know where to access support.”

It is widely agreed that all children must be able to identify abusive behaviour, and be able to seek help if they are experiencing or notice abuse.

The new guidance states that by the end of Primary school all children should know: **‘how to report concerns or abuse, and the vocabulary and confidence needed to do so’**.

The new curriculum **promotes equal, safe and enjoyable relationships** and is to be taught in a way which fosters both gender, and LBQT equality, which is line with the Equalities Act 2010.

‘Schools should be alive to issues such as everyday sexism, misogyny, homophobia and gender stereotypes and take positive action to build a culture where these are not tolerated, and any occurrences are identified and tackled.’ DfE RSHE guidance.

Relationships:

The **Relationships** part of the new curriculum is statutory and parents cannot withdraw their child.

Relationships will cover five main topics:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe.

Health:

The **Health** part of the new curriculum is statutory and parents cannot withdraw their child.

Health will cover eight main topics:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic First Aid
- Changing adolescent body.

Changing adolescent body (now statutory):

The 2 aspects are:

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes in both boys and girls
- about menstrual wellbeing including the key facts about the menstrual cycle.

Sex:

The **Sex** part of the new curriculum is not statutory and parents can withdraw their child.

- Sex education is not clearly defined in the guidance but it 'recommends' that Primary schools do teach sex education in line with National Curriculum Science (this is taught in Years 1, 2 and 5: basic parts of the human body, life cycles, reproduction in some plants and animals and changes into old age).

At Bridgewater, staff and Senior Leaders have defined 'sex education' as human reproduction and decided that this will **NOT** be taught outside Science at Bridgewater. Puberty, which is classed as health education, will still be taught within PSHE lessons. Therefore, parents cannot withdraw their child from these lessons.

Below is a table showing, in black, what will be covered around puberty from the JIGSAW scheme.

Puberty in Jigsaw 3-11		
F5	Growing Up	How we have changed since we were babies
Y1	My changing body	Understanding that growing and changing is natural and happens to everybody at different rates
Y2	The changing me	Where am I on the journey from young to old, and what changes can I be proud of?
Y3	Outside body changes	How our bodies need to change so they can make babies when we grow up – outside changes and how we feel about them
Y4	Girls and puberty Boys and puberty	How a girl's body changes so that she can have a baby when she's an adult – including menstruation. Recap on boy's puberty.
Y5	Puberty for girls Puberty for boys	Physical changes and feelings about them – importance of looking after yourself Developing understanding of changes for both sexes – reassurance and exploring feelings
Y6	Puberty Girl talk / boy talk	Consolidating understanding of physical and emotional changes and how they affect us A chance to ask questions and reflect (single sex)

Overview of JIGSAW curriculum and changes to previously used curriculum:

Below is an overview showing the content that will be covered from the new Jigsaw curriculum in each year group, in each term.

Age Group	Being Me In My World (Autumn 1)	Celebrating Difference (Autumn 1)	Dreams and Goals (Spring 1)	Healthy Me (Spring 2)	Relationships (Summer 1)	Changing Me (Summer 2)
EYFS	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Year 1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Linking growing and learning Coping with change Transition
Year 2	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Physical contact boundaries Growing from young to old Increasing independence Assertiveness Trust and appreciation Preparing for transition
Year 3	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	How babies grow Understanding a baby's needs Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends
Year 4	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
Year 5	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARTT internet safety rules	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Growing responsibility Coping with change Preparing for transition
Year 6	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a vote Anti-social behaviour Role-modelling	Perceptions of normality Understanding disability Power strategies Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Self-image Body image Puberty and feelings Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Seeking Transition

What are our next steps?

Our next steps are to seek your feedback on these proposed changes. Please contact the school office (bridgewater.primaryschool@salford.gov.uk) by **Monday 15th March** if you have any questions, comments or concerns.