

## RHE (Relationship and Health Education)

Intent	Implementation	Impact
<p>When planning and teaching at St George and St Martin, we believe that RHE is an integral part of the curriculum as the skills learnt will equip our children for their futures and become active members of society. Based on the National Curriculum and our mission statement, we aim to provide a Catholic environment, which will enable each child to grow in understanding so as to reach their full potential, spiritually, emotionally, intellectually, morally, physically and socially. Through their understanding of RHE, children will be able to succeed in many different areas of the curriculum and throughout life as the learned skills are transferrable.</p> <p>By the end of their time at St George at St Martin, children should:</p> <ul style="list-style-type: none"> <li>• Have a respect for God and each other through the ethos of the school community and the teaching of the gospel</li> <li>• Know and understand what constitutes a healthy lifestyle</li> <li>• Understand what makes for good relationships with others</li> <li>• Have respect for others regardless of race, gender and mental and physical disability</li> <li>• Be independent and responsible members of the school community</li> <li>• Develop self-confidence and self-esteem and make informed choices regarding personal and social issues</li> </ul>	<p><u>Planning</u></p> <p>At St George and St Martin, every class follows the RHE Scheme of Work which covers the National Curriculum guidance for PSHE (Personal, Social, Health and Economic Education) and the Birmingham Diocese guidance as well as TenTen Resources for RSE (Relationships and Sex Education) as well as .</p> <p>RHE is often addressed on a daily basis as questions and incidents arise. At times, teachers may choose to hold a circle-time session in response to a particular event or issue.</p> <p>Whole school, key stage and assemblies will provide extra opportunities to enhance pupils' spiritual, moral, social and cultural development, promoting our school's values and celebrating achievement.</p> <p><u>Teaching</u></p> <p>Following the RHE scheme of work, a range of activities have been carefully allocated to year groups to meet the needs of the pupils at an appropriate age and time. Activities will be planned and adapted according to the different levels of children's skills and previous knowledge. A range of teaching strategies and learning styles will be used in delivering this policy with an emphasis is placed on active learning. These may include:</p>	<p>Following the implementation of the broad and balanced RHE curriculum at St George and St Martin, children will be respectful, independent, responsible and confident members of society within Stoke-on-Trent and the wider world. They will be equipped with tools to maintain healthy and positive lifestyles with regard to relationships, diet and their own personal identity. As they become more confident throughout the areas of RHE and progress in the related skills, children will understand their personal role in society. The most significant impact that we want for our pupils is the development of respect for themselves and others.</p>

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<ul style="list-style-type: none"><li>• Develop good relationships with other members of the school and the wider community of Stoke-on-Trent</li><li>• Prepare children for the opportunities, responsibilities and experiences of adult life</li><li>• Raise pupils' confidence and self-esteem</li></ul>	<ul style="list-style-type: none"><li>• Circle time and class discussion</li><li>• Role-play and drama</li><li>• Visits and visitors when appropriate</li><li>• Group work</li></ul> <p>Pupils are also supported in applying the skills they are learning, in real-life situations as they arise: e.g. resolving conflicts; working a part of a group on a project.</p> <p><u>Learning</u> Children will learn a range of skills (see skills progression table below) based on the following areas:</p> <ul style="list-style-type: none"><li>• All About Me</li><li>• Friendships</li><li>• Resilience</li><li>• Belonging</li><li>• Being the Best I can be</li><li>• My Wider World</li><li>• TenTen (RSE)</li></ul> <p><u>Assessment</u> In RHE, St George and St Martin has high expectations of the quality of children's work. This curriculum will build on the prior knowledge that children have acquired and include regular feedback to pupils.</p>	
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	<p>To ensure progress, children will be assessed each term by a self-reflection based on the area of learning covered.</p> <p>Children will also be assessed each lesson by a self and teacher assessment success criteria. This will include colour coding the learning objectives that are appropriate to their year group as follows:</p> <p>Pupil self-assessment</p> <ul style="list-style-type: none"><li>• Green- I understand and can apply today's learning</li><li>• Yellow/Orange- I am beginning to understand today's learning but may have needed support from an adult or peer</li><li>• Pink- I do not understand today's learning, even with support from an adult</li></ul> <p>Teacher assessment</p> <ul style="list-style-type: none"><li>• Green- Objective achieved, pupil showed a good understanding</li><li>• Yellow/Orange- Objective somewhat achieved, pupil showed some understanding, may have required some support</li><li>• Pink- Objective not achieved, pupil showed very little to no understanding</li></ul> <p>If a pupil has not achieved an objective, this is to be followed up at some point throughout the</p>	
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	year. It is advised that staff recap previous learning at the beginning of a new session.	
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RHE Skills Progression at St George and St Martin			
Year group	Autumn	Spring	Summer
Early Years	<u>All about me</u> Identifying physical features Labelling basic emotions in others Understanding how others may look when expressing 'basic' emotions Labelling character traits in others	<u>Resilience and Coping</u> Understand what it means to be helped Considering ways which I can help myself Discuss examples of change Thinking about choices and the reasons behind these	<u>Being the best me that I can be</u> Understand the meaning of personal strengths Identify what a 'role model' is Understanding how to try their best Consider character traits that can help within the classroom Consider character traits that can help at home
Y1	<u>Friendships</u> Identifying characteristics related to being a good friend Recognising different opinions Understanding why working together is important Identifying positive problem solving strategies that can help with friendships Positive strategies for resolving conflict  RSE Skills: Understanding I am unique Recognise some differences between girls and boys Know how to be clean and h	<u>Belonging</u> Be involved in creating a positive, personal classroom ethos Recognise that families all look different Identify important figures in their lives Identify things that make them happy Identify emotions associated with being included  RSE Skills: Knowing God loves you Identifying special people in our lives Know how to treat others well and say sorry	<u>My wider world</u> Understanding what a community is Thinking about local community Considering connections to others Helping others without reward Working with others to improve the environment Rights and responsibilities  RSE Skills: Identify my neighbour
Y2	<u>All about me</u> Identifying what makes them unique Labelling core emotions in themselves and others	<u>Resilience and Coping</u> Developing understanding of mindfulness and what it means to be calm	<u>Being the best me that I can be</u> Reflecting on their own achievements and how this links to being a good role model Understanding perseverance

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	<p>Finding ways to express emotions Labelling character traits of their peers Identifying character traits in themselves</p> <p>RSE Skills: Identify my feelings, likes and dislikes Know some ways to deal with anger Understand the Cycle of Life</p>	<p>Identifying times they may need help from others and discussing the term 'worry' Understanding what it means to 'bounce back' Identify concrete examples of change in their lives Thinking about choices and how healthy and safe choices can be</p> <p>RSE Skills: Know how to be safe Identify the differences between good secrets and bad secrets Understand appropriate physical contact</p>	<p>Reflecting on their own character traits and how these are shown within the classroom Reflecting on character traits and how these are shown at home</p> <p>RSE Skills: Identify the communities we live in</p>
Y3	<p><u>Friendships</u> Identifying characteristics in a good friend Recognising that their thoughts and emotions might be different to others Know the importance of working together and what co-operation looks like Know what being kind and helpful looks like in different situations Considering the importance of forgiveness and making things right</p> <p>RSE Skills: Understanding that we don't all have to be the same Know how to respect our own bodies Recognise feelings</p>	<p><u>Belonging</u> Understand the features of a good school Understand that all families are different Identify people who are important to them and why Identify what it means to feel safe and happy How to help others feel like they belong</p> <p>RSE Skills: Recognise relationships between friends and families Know how to cope and what to do when things feel bad Know how to deal with change</p>	<p><u>My wider world</u> <b>Lesson 1</b> Understanding that our community may be different to others Identify different communities that they belong to Understand what it means to be connected to others and how this can help children Consider how to show gratitude to others Know how to look after the school environment Know the difference between rights and responsibilities</p>
Y4	<p><u>All About Me</u> Celebrating differences between themselves and their peers Exploring more abstract emotions</p>	<p><u>Resilience and Coping</u> Considering the benefits of mindfulness Understanding what it means to have a 'kind mind'</p>	<p><u>Being the best me that I can be</u> Reflecting on their personal strengths Reflecting on role models within the wider community</p>

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	<p>Expressing emotions in a safe and healthy way Identify negative characteristics</p> <p>RSE Skills: Understand the sacraments Identify what puberty is Identify some changes we might notice about our bodies Know and understand life cycles</p>	<p>Understanding what it means to be a resilient person Understanding changes and the feelings associated Understand that it is sometimes it is okay to change your mind</p> <p>RSE Skills: Identify the potential dangers of sharing and chatting online Understand appropriate physical contact</p>	<p>Discuss times when they have persevered Reflecting on how personal strengths could support them in jobs in later life Identify character traits to help at home</p> <p>RSE Skills: Understanding the church in more detail Understanding how to show how we love each other</p>
Y5	<p><u>Friendships</u> Identifying a wide range of characteristics that contribute to being a good friend Recognising that their preferences may be different to others Identifying features of effective collaboration Understanding the importance of conflict resolution and outline possible strategies Understanding importance of moving on</p> <p>RSE Skills: Identify our gifts and talents Identify the differences between girls and boys bodies Recognise the importance of sleep on their health Identify issues related to body image</p>	<p><u>Belonging</u> Understand what makes an ideal school Understand that all families are different Identify important figures and what these can offer in different contexts Understand why feeling safe is important for everyone Discuss how to help others have a sense of belonging</p> <p>RSE Skills: Understand ways in which you can deal with pressure Understand self-control Recognise positive and negative self-talk</p>	<p><u>My wider world</u> Understand what it means to be part of a diverse community Diverse communities Identify ways in which they are connected to others around the world Understand what it means to show gratitude Understand how they can help within the wider community Know their rights and responsibilities</p> <p>RSE Skills: Recognise how the Catholic faith influences our social lives</p>
Y6	<p><u>All About Me</u> Identifying their own characteristics to promote self-esteem Applying emotions to real life situations Expressing emotions in a safe and healthy way</p>	<p><u>Resilience and Coping</u> Understanding the benefits of engaging in mindfulness activities Identifying times when they need to think more positively</p>	<p><u>Being the best me that I can be</u> Reflecting on which personal strengths are more appropriate in different situations Reflecting on being a role model Reflecting on times when they have tried their best</p>

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	<p>Labelling their own character traits and understanding these in real-life contexts Understanding how to address inappropriate character contexts in real-life contexts</p> <p>RSE Skills: Recognising and dealing with peculiar feelings Understand emotional changes Know what to do when we see inappropriate things online Understand how babies are made Understand menstruation</p>	<p>Thinking about positive ways to support themselves Understand that change can be uncomfortable but that feeling is okay Understand that it is okay to change your mind</p> <p>RSE Skills: Know what is appropriate to share online Know how to stay safe when chatting online Understand appropriate physical contact</p>	<p>Considering positive strategies to help with school transitions</p>
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