



Learning and growing together; living life in all its fullness

St Wilfrid's CE Primary School PSHE, RSHE & Health Curriculum Overview

This summary shows **what pupils will learn in PSHE, Relationships, Sex, and Health Education**, in line with **DfE statutory guidance July 2025**, effective **September 2026**.

All content is delivered through **SCARF (Safety, Caring, Achievement, Resilience, Friendship)** and our **Valuing Difference/AREP** programme.

1. Relationships Education (Statutory)

1.1 Families and People Who Care for Me

- **Learning:**
 - Families provide love, security, and stability.
 - Characteristics of safe, happy family life: care, commitment, spending time together.
 - Respect for different family structures (single-parent, same-sex parents, extended families, foster/adoptive).
 - Stable relationships support children's security.
 - Marriage and civil partnerships are lifelong, legally recognised commitments.
 - Recognise when family relationships make them unhappy/unsafe and seek help.
- **SCARF Unit:** *Me and My Relationships*
- **AREP Link:** Promotes respect, understanding, and inclusion of all family types.

1.2 Caring Friendships

- **Learning:**
 - Friendships are vital for happiness and security.
 - Healthy friendships are inclusive and caring.
 - Feeling lonely is normal; it's okay to ask for help.
 - Positive friendship traits: respect, honesty, trust, loyalty, kindness, generosity, shared interests, problem-solving support.
 - Conflict resolution strategies.
 - Recognising harmful friendships and how to seek support.
- **SCARF Unit:** *Me and My Relationships, Valuing Difference*

1.3 Respectful, Kind Relationships

- **Learning:**
 - Balance the needs and wishes of others.
 - Set and respect boundaries.
 - Communicate effectively and manage conflict with kindness.
 - Assertiveness vs controlling behaviour.
 - Respect differences in character, beliefs, choices, and appearance.
 - Bullying (including online) recognition, impact, and seeking help.
 - Challenge stereotypes in families, schools, and society.
- **SCARF Unit:** *Valuing Difference*
- **AREP Link:** Anti-racism and anti-prejudice education integrated.

1.4 Online Safety and Awareness

- **Learning:**
 - Respect online, same rules as face-to-face relationships.
 - Critically evaluate online relationships and sources.
 - Minimum age for social media (13).
 - Protect personal information; understand permanence of online content.
 - Risks of excessive screen time, online bullying, scams, and unsafe contact.
 - Seek support from trusted adults if worried.
- **SCARF Unit:** *Keeping Myself Safe*

1.5 Being Safe

- **Learning:**
 - Appropriate boundaries in friendships (including online).
 - Concept of privacy; secrets aren't always safe.
 - Body autonomy: appropriate/inappropriate contact.
 - Respond safely to adults they know and don't know.
 - Identify harmful or dangerous relationships.
 - Report abuse, concerns online or offline.
- **SCARF Unit:** *Keeping Myself Safe*

2. Primary Health and Wellbeing (Statutory)

2.1 General Wellbeing

- **Learning:**
 - Benefits of physical activity, time outdoors, helping others.
 - Self-care: rest, hobbies, interests, social time.
 - Recognising a range of emotions; feelings are normal.
 - Judging if emotions/behaviours are proportionate.
 - Loneliness and isolation; seeking support.
 - Effects of bullying and cyberbullying; how to seek help.
 - Understanding grief and loss; seeking help for emotional wellbeing.
- **SCARF Unit:** *Being My Best*
- **AREP Link:** Supports empathy, social understanding, inclusion.

2.2 Wellbeing Online

- **Learning:**
 - Internet as part of daily life: benefits and risks.
 - Online vs in-person relationships.
 - Impact of excessive online time on mental and physical health.
 - Responsible online behaviour; respect for others.
 - Age restrictions for apps, social media, online games, gambling.
 - Risks of scams, fraud, addictive gaming.
 - Critical thinking about online content; rights relating to privacy and data.
 - Reporting concerns and seeking help online.
- **SCARF Unit:** *Keeping Myself Safe*

2.3 Physical Health and Fitness

- **Learning:**
 - Benefits of active lifestyle for mental and physical health.
 - Incorporating daily activity (walking, cycling, active mile).
 - Risks of inactivity (e.g., obesity).
 - Seeking support if worried about health.
- **SCARF Unit:** *Being My Best*

2.4 Healthy Eating

- **Learning:**
 - Principles of a balanced diet, nutrition, calories.
 - Healthy relationship with food.
 - Planning and preparing healthy meals.
 - Risks of poor diet (obesity, tooth decay) and effects of alcohol.
- **SCARF Unit:** *Being My Best*

2.5 Drugs, Alcohol, Tobacco, and Vaping

- **Learning:**
 - Facts about harmful substances, including nicotine, alcohol, drugs, and vaping.
 - Associated risks and addiction.
- **SCARF Unit:** *Keeping Myself Safe*

2.6 Health Protection and Prevention

- **Learning:**
 - Recognising early signs of illness (weight loss, body changes).
 - Safe sun exposure; skin cancer prevention.
 - Importance of sleep; managing screen time; impact on weight, mood, learning.
 - Dental health and hygiene.
 - Personal hygiene, germs, handwashing.
 - Vaccination and immunisation aligned to school schedule.
- **SCARF Unit:** *Being My Best*

2.7 Personal Safety

- **Learning:**
 - Recognising hazards (fire, water, roads, railways) and keeping safe.
- **SCARF Unit:** *Keeping Myself Safe*

2.8 Basic First Aid

- **Learning:**
 - Calling emergency services efficiently.
 - Responding to minor injuries and ailments, including head injuries.
- **SCARF Unit:** *Keeping Myself Safe*

2.9 Developing Bodies

- **Learning:**

- Growth and changes, including adolescence and puberty.
- Human lifecycle.
- Correct names of body parts (penis, vulva, vagina, testicles, scrotum, nipples).
- Body autonomy and understanding personal boundaries.
- Menstrual cycle, physical and emotional changes, preparing for periods.

- **SCARF Unit:** *Growing and Changing*

3. Sex Education (Recommended for Years 5/6)

- **Learning:**
 - Human reproduction, conception, and birth (including IVF).
 - Builds on statutory Relationships Education and Science content.
 - Parents have **right to withdraw** from this content.
- **SCARF Unit:** *Growing and Changing*