

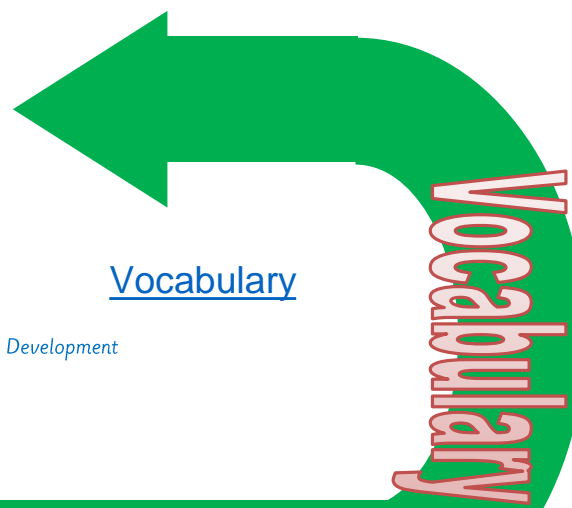
# Our RSHE Learning Journey



## Intent

At Sandy Lane Primary School we provide comprehensive coverage of the Relationships and Health Education requirements by using the SCARF programme as our teaching and learning anchor. Centred on a values-based and 'Growth Mindset' approach, SCARF's online resources support us in promoting positive behaviour, mental health, wellbeing, resilience and achievement.

As a learning community, we understand the link between pupils' health and wellbeing and their academic progress. Crucial skills and positive attitudes developed through comprehensive Personal, Social, Health and Economic education (PSHE) are critical in ensuring children are effective learners. At Sandy Lane Primary School we recognise how important these skills and attitudes are in unlocking pupils' potential, helping to raise achievement and closing gaps in educational attainment. Our RESPECT principles underpin everything we do and align perfectly with the SCARF programme to help ensure a rounded and holistic approach to RSE and lifelong learning.



## Vocabulary

### Being my Best

- Growing independence
- Keeping healthy including mental health
- Media awareness and safety
- Community
- Aspirations/goal setting
- Managing risk

Age Group Development

### Rights and Responsibilities

- Lending, borrowing, spending
- Media bias
- Understanding democracy

### Growing and Changing

- Managing difficult feelings and change
- Keeping safe/getting help
- Body changes
- Body image
- Self-esteem

UKS2

### Keeping Myself Safe

- Emotional needs
- Online safety
- Drugs: norms, risks, the law

### Me and My Relationships

- Feelings
- Compromise
- Assertive Skills
- Cooperation/Emotions
- Assertiveness
- Safe/unsafe touches
- Positive relationships

### Value Difference

- Recognising difference including religious/cultural
- Influence and pressure of social media
- Prejudice based bullying
- Bystander behaviour

### Being my best

- Keeping myself well
- Developing empathy
- Having choices and making decisions about my health
- Celebrating and developing my skills

### Rights and Responsibilities

- Growing up skills
- Helping and being helped
- Environment
- Managing money
- Media influence

### Growing and changing

- Relationships
- Keeping safe
- Safe and unsafe secrets
- Managing difficult feelings
- Relationships including marriage

LKS2

### Me and My Relationships

- Rules and their purpose
- Cooperation/friendship/listening
- bullying
- Coping with loss

### Valuing Difference

- Respecting diversity
- My community
- Celebrating difference-religious and cultural
- Stereotypes

### Keeping myself safe

- Managing risk
- Decision-making Skills
- Drugs and their risks
- Staying safe
- Influences

### Being my Best

- Growth Mindset
- Hygiene and Health
- Cooperation

### Rights and Responsibilities

- Taking care of things: myself, money, environment

### Valuing Difference

- Recognising, valuing and celebrating difference
- Listening skills
- People who help us

KS1

EYFS  
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### Growing and Changing

- Becoming independent
- My body parts
- Lifecycles
- Dealing with loss
- Privacy

### Keeping Myself Safe

- Online safety
- Safe/unsafe touches, secrets
- Medicine safety

### Me and My Relationships

- Feelings/self-regulation
- Friendship
- Bullying
- Getting help