



Relationship & Health Education (RHE) Curriculum at Churchend

May 2026

Kapow

- Same scheme as last year – positive feedback from parents and staff.
- Kapow is a more up-to-date scheme in line with statutory requirements, curriculum requirements and with a focus on preparing children for the changing world around them.
- Kapow is used in many of our other lessons so children are familiar with it already (e.g. for PSHE, computing, music etc.).
- The lessons in the PSHE and RHE curriculum have been carefully planned to be age appropriate.
- The Governing Body have approved this scheme and are satisfied that the lessons and the materials suit the context of our school.
- New materials are being developed to be used from September 2026 in line with new government guidance.

What will be covered?

- Relationships & Health Statutory Guidance covers:
 - families and people who care for me
 - caring friendships
 - respectful relationships
 - online relationships
 - being safe
 - mental wellbeing
 - internet safety and harms
 - physical health and fitness
 - healthy eating
 - facts and risks associated with drugs, alcohol and tobacco
 - health and prevention
 - basic first aid
 - changing adolescent body

Kapow's lessons to cover this material are divided up into three overarching themes:

- Families and relationships
- Health and wellbeing
- Safety and the changing body

Support for Parents

<https://www.kapowprimary.com/subjects/rse-pshe/curriculum/rse-pshe-parent-information/>

Understanding Relationships and Health Education in your child's primary school: a guide for parents

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age children will be taught Relationships and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Your child's school will have flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.

Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching 'relationships and health education' on GOV.UK.

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.



By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further detail by searching 'relationships and health education' on GOV.UK.

Kapow
Primary



Kapow Primary Parents' and carers' guide for Relationships, Sex and Health Education (RSHE).

From the academic year 2020-2021, all primary schools in England must teach Relationships and Health Education (RSHE). The government has set out guidance about what they expect children to know by the time they leave primary education but it is up to schools to decide how they will teach this. Schools will discuss their approach with parents and carers.

There is no legal requirement for schools to teach sex education but the government recommends children learn about some key areas before they leave primary school.

Many schools will have been teaching these topics for a number of years. As with other subjects, we will work hard to make sure the lessons meet the needs of the children and are age appropriate. These topics are really important in helping children deal with current experiences and also to prepare them for the next stage of their education and ultimately for adult life.

Schools and the government recognise the important role you play in educating your children and this is especially true for RSHE. It is important that children can discuss and ask questions both at home and at school.

What will my child be learning about?

Your child's school has chosen to use lesson plans from Kapow Primary, an online provider of resources for primary schools. These lessons cover the statutory requirements and have been carefully planned to be age appropriate. They also give the opportunity for children to revisit topics in different year groups. This is important as they will learn more and see things differently as they mature.

The lessons are divided up into three overarching themes:

- Families and relationships
- Health and wellbeing
- Safety and the changing body

Below is a summary of some of the areas covered within each theme:

Families and relationships

- How to form and maintain friendships
- Importance of family
- Different types of families

Kapow Relationships & Health Education Overview

Families and People who Care for Me

Pupils should know:

- that families are important for children growing up because they can give love, security and stability
- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives
- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care
- that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up
- that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed

Year Group	Kapow Topic	Lesson Number	Objective	Key vocabulary	Curriculum Links	Comments
Year 1	Families & Relationships	Lesson 1	To understand that families look after us	Family Relation Mum Dad Parent Brother Sister Grandad Grandma Grandparent Uncle Aunty Cousin Respect Considerate Love Care	Relationship Education – Government Statutory Guidance	
Year 2	Families & Relationships	Lesson 1	To begin to understand the role of the family in their lives	Family Relation	Relationship Education –	



HOME • KEY INFORMATION • CURRICULUM • PSHE

PSHE

Our curriculum is designed so that children will become the best possible version of themselves who understand and value how they fit into and contribute to the world. We believe that PSHE is at the core of this and our curriculum has a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health and wellbeing. Children will follow the Kapow PSHE scheme and will be provided with a strong understanding of the diverse, changing world around them; they will acquire the knowledge and skills they need to manage their lives now and in their futures. It develops qualities and attributes children need to thrive as individuals, family members and members of both society and the global community.

In PSHE, children are expected to be open minded and reflective of their own feelings and actions. They are encouraged to think about the wider world as well as their own communities; how to stay safe and develop good relationships. To have an appreciation of what it means to be a positive member of a diverse, multicultural society and to have a strong self-awareness, interlinked with compassion of others.

RHE Curriculum

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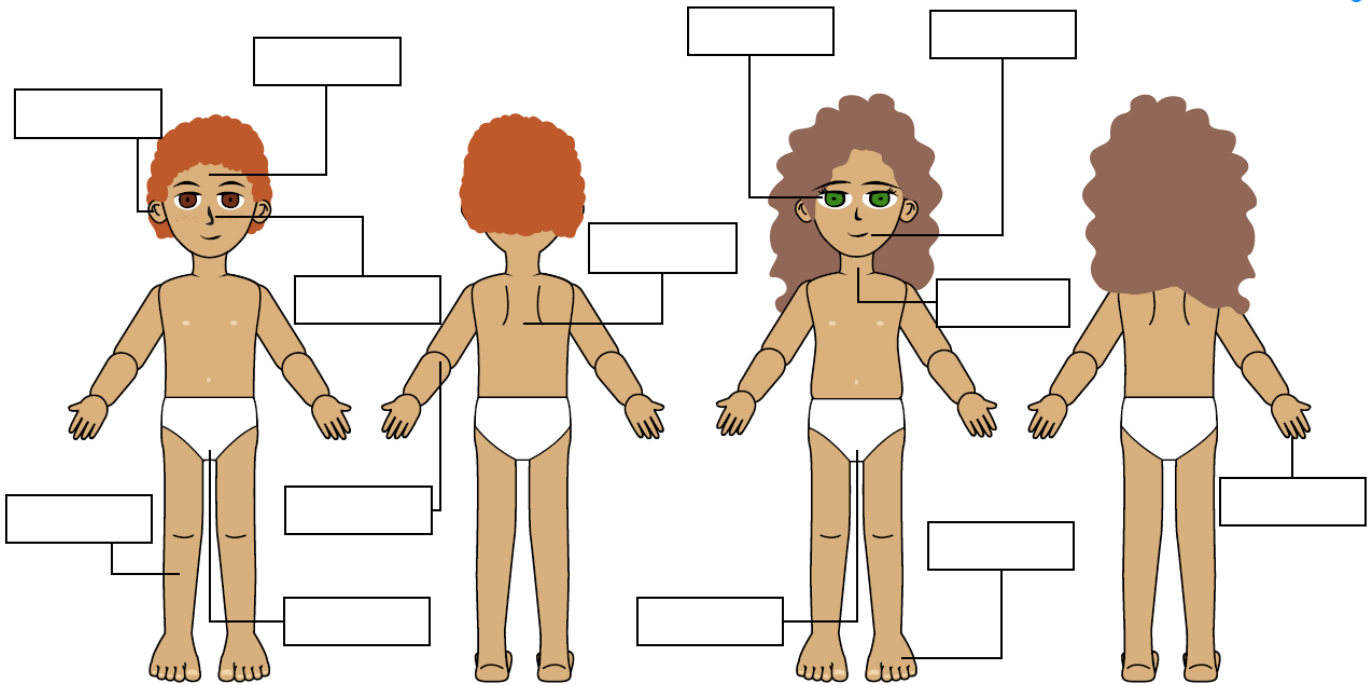

Year 2



- Children aged 6-7 will:
 - Learn about appropriate contact
 - Understand that private parts are private
 - Identify parts of the body including private parts for males and females
 - Understand private and personal boundaries with one another

Year 2

Body parts



Head Neck Hand Arm Leg Foot Eye
Ear Nose Mouth Back Penis Vulva



THE
PANTS
SONG

NSPCC #TalkPANTS

Year 4

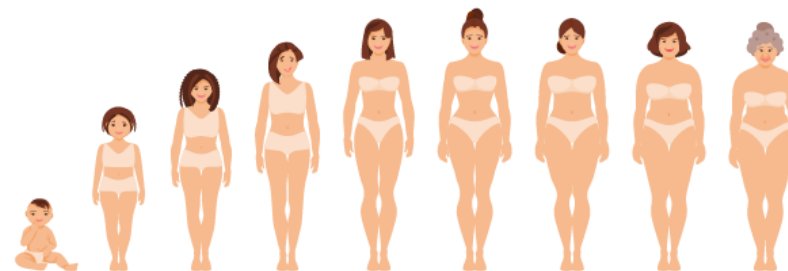


- Children aged 8-9 will:
 - Learn about some of the physical changes pupils will experience as they go through puberty.
 - Understand that physical change is part of growing up.
 - Identify the changes that males and females go through as they grow and develop from being a child to an adult.
- Lesson 6 – Growing up – taught together
- Lesson 7 – Introduction to Puberty – boys & girls taught separately
- Lesson 8 (additional lesson) – Menstrual Cycle – only girls (can be withdrawn)

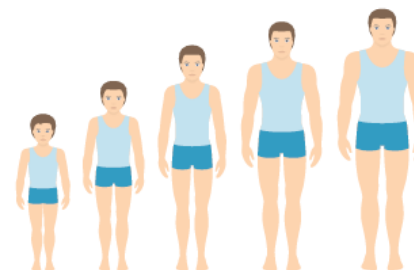
Year 4

| Body changes

Female body changes



Male body changes



Lesson 7

This resources is used to help the children understand the change males and females go through during puberty.

Pupil video:

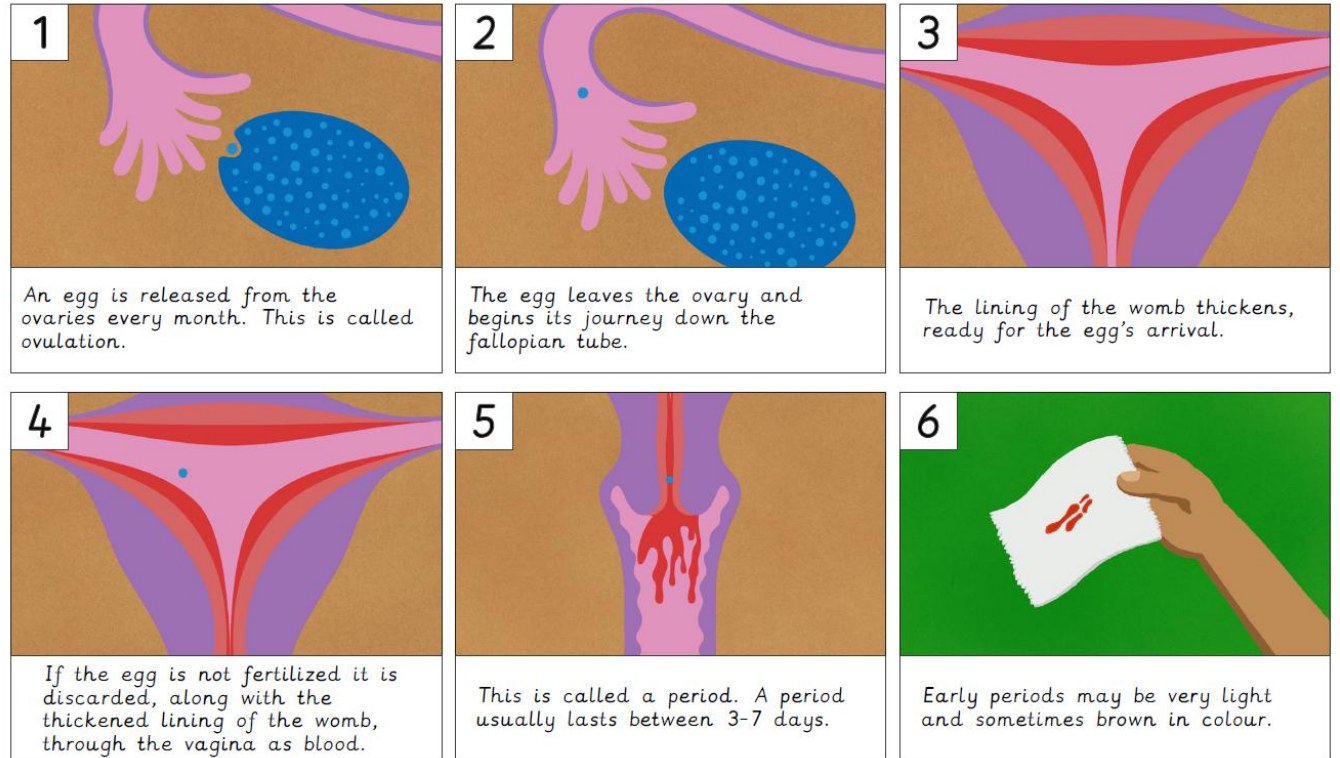
<https://www.kapowprimary.com/subjects/rse-pshe/lower-key-stage-2/year-4/safety-and-the-changing-body/lesson-7-introducing-puberty/>

Year 4

Lesson 8 – additional lesson

This resource is used to help girls understand the menstrual cycle.

Menstrual cycle diagram



Year 4

Lesson 8 –
additional lesson

Pupil video:

What are periods?

Year 5



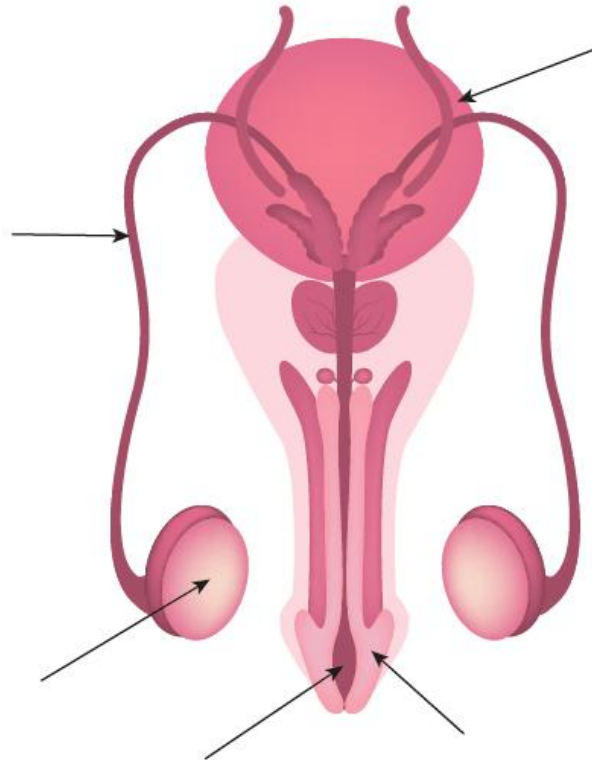
- Children aged 9-10 will learn about:
 - The menstrual cycle and other changes that happen during puberty
 - Emotional changes that occur during puberty.
- Lesson 3 – puberty – girls & boys taught separately
- Lesson 4 – menstrual cycle - girls & boys taught separately
- Lesson 5 – Emotional changes in puberty – taught as a class

Year 5

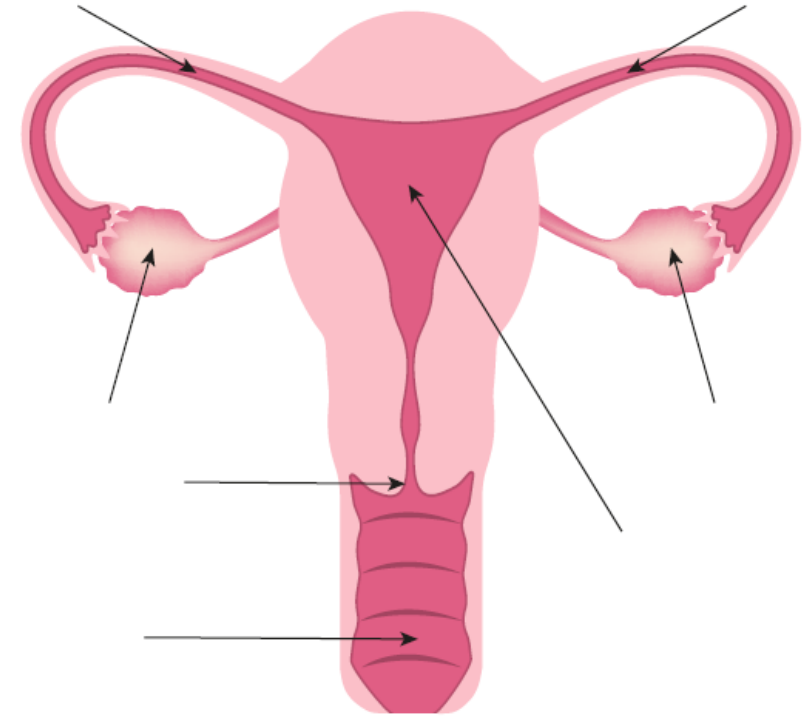
Lesson 3 –
puberty – girls &
boys taught
separately

These resources
are used in a
labelling activity.

Male internal reproductive organ



Female internal reproductive organs



Year 5



Lesson 3 – puberty – girls & boys taught separately

Pupil video: *(excludes the word clitoris)*

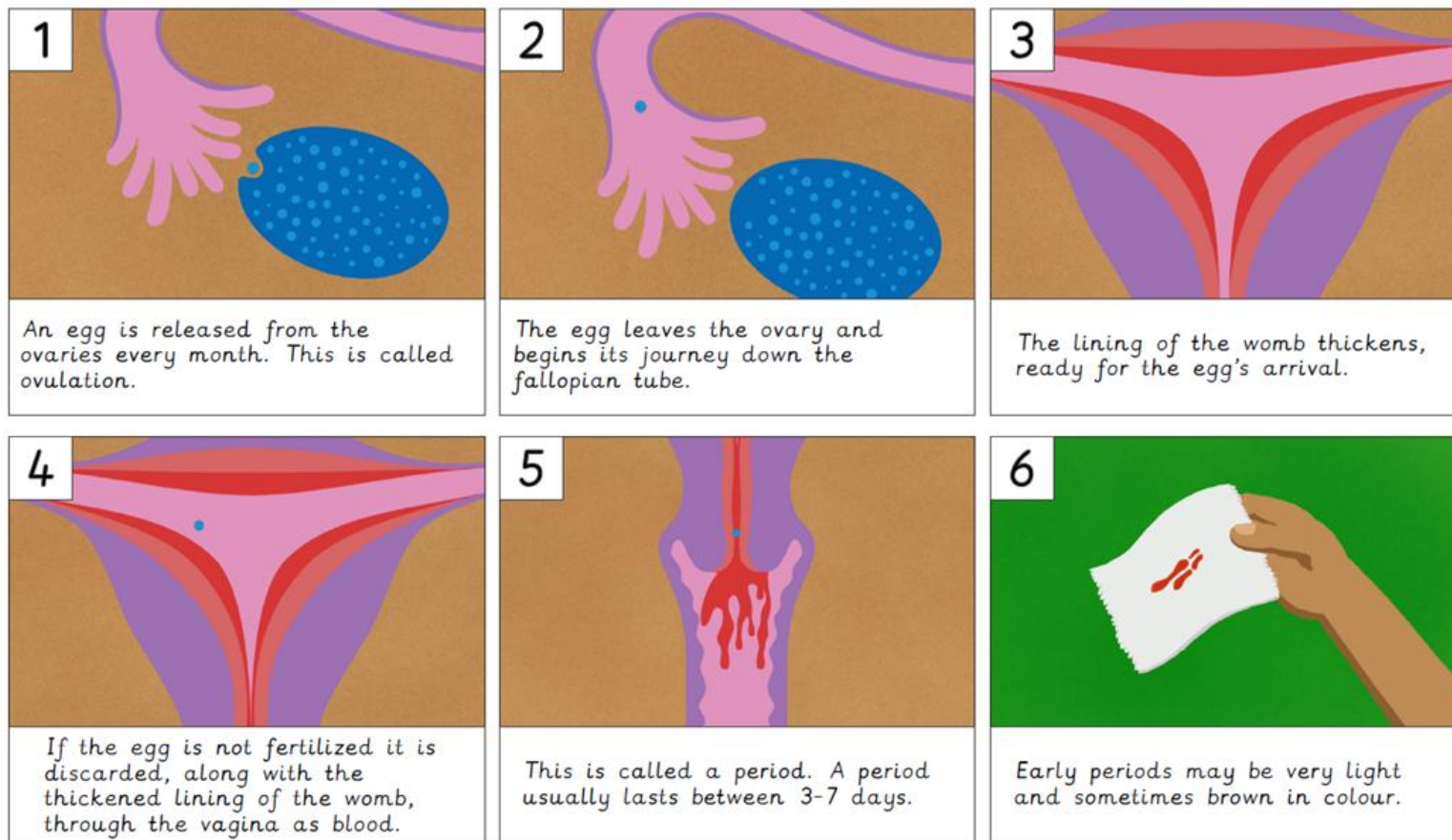
<https://www.kapowprimary.com/subjects/rse-pshe/upper-key-stage-2/year-5/safety-and-the-changing-body/lesson-3-puberty/>

Year 5

Lesson 4 – menstrual cycle

This resources is used to help boys & girls understand the menstrual cycle.

Menstrual cycle diagram



Year 5

Lesson 4 – menstrual cycle

This resources is used to help boys & girls understand the menstrual cycle.



Girls: True or false quiz

Girls start their periods at the same age their mum did.	
You can't have a shower during your period	
Women stop having periods when they get older	
A girl shouldn't wear pale coloured trousers during her period.	
Girls sometimes feel moody before or during their period.	
Periods are always painful	
Once you start your period you will have one every month	
You shouldn't talk about periods	



Boys: True or false quiz

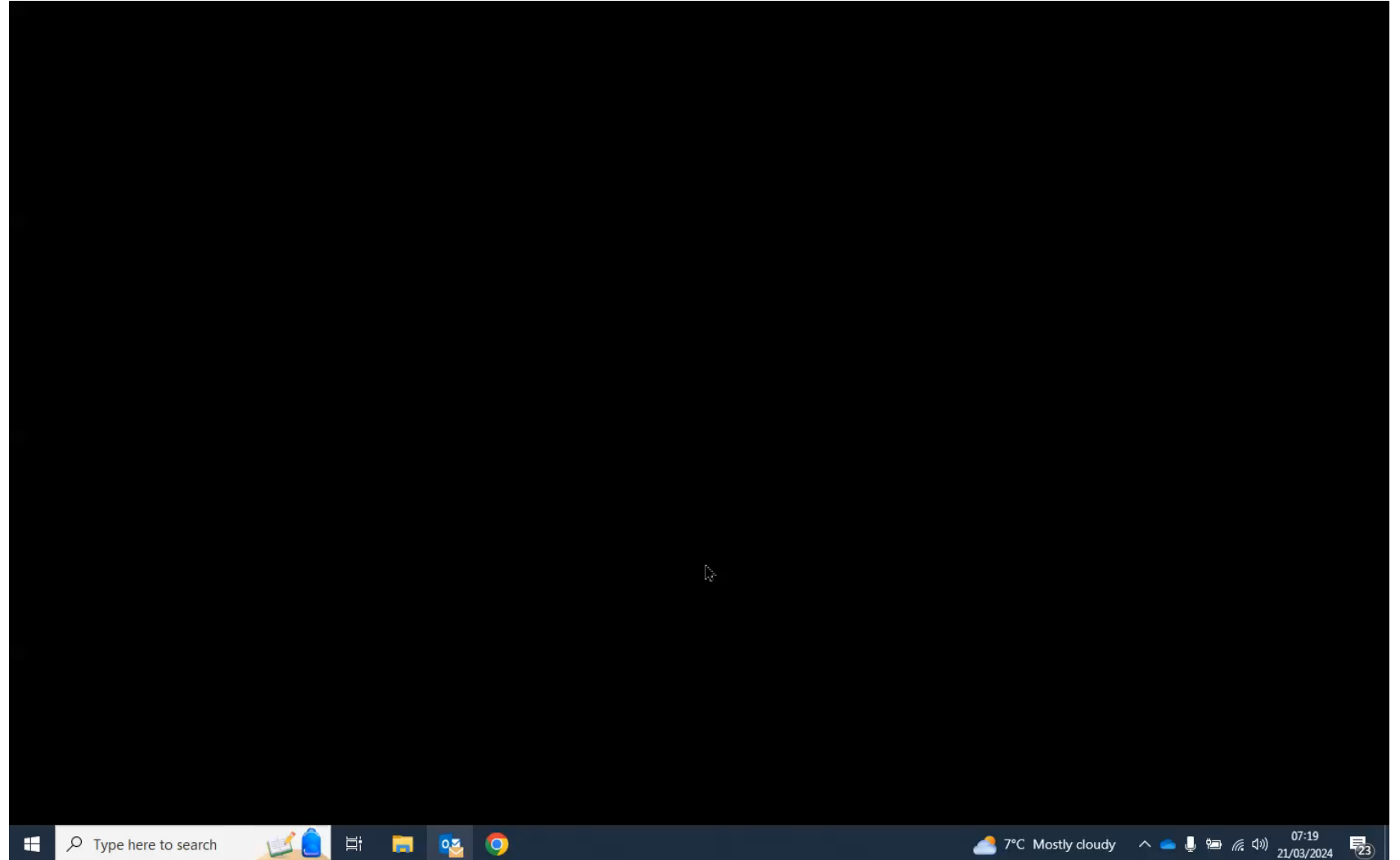
A boy's voice will change	
Your penis and testicles will grow	
A boy will get erections	
Boys generally go through puberty before girls	
Your hands and feet might grow before you arms and legs catch up	
Boys have wet dreams	
Boys can have enlarged nipples	

Year 5

Lesson 4 –
menstrual cycle

Pupil video –
boys

Pupil video –
girls – same but
with female
narration



Year 5

Lesson 5 – emotional changes during puberty

This resources is used to help children understand different emotions they may experience during puberty and strategies they can implement to support them.

Managing emotions



Year 6



- Children aged 10-11 will:
 - Further develop their understanding of the physical and emotional changes that happen during puberty.
 - Learn about the biology of conception (The main part of the lesson is non-statutory.)
 - Learn how a baby develops in the womb and is born (This lesson is not statutory.)
- Lesson 4 – physical & emotional changes in puberty – boys and girls taught separately
- Lesson 5 – Conception - boys and girls taught separately (part 1 of lesson is statutory, part 2 is non-statutory and children can be withdrawn)
- Lesson 6- Pregnancy & birth - boys and girls taught separately (lesson is non-statutory)

Year 6

Lesson 4 – physical & emotional changes in puberty

This resources is used to help boys & girls recap their learning of puberty so far.



Body parts quiz

1) What are the chemicals in our bodies that drive changes as we grow up called?

2) Which part of a boy's body becomes bigger during puberty?

3) What is the term for the change from being a child to becoming an adult?

4) During puberty, a boy's voice 'breaks' and becomes deeper because of the growth of what part of the body?

5) What is the name of the external area of a girl's body where most of her organs are hidden?

6) During puberty, girls start to experience what regular bodily function?

7) What part of the body carries a man's testicles?

8) What is one physical change that both boys and girls experience during puberty?

Year 6

Lesson 4 – physical & emotional changes in puberty

This resources is used to help boys & girls embed their learning and offer support with problems linked to puberty (right scenarios are for girls, left scenarios are for boys).



Year 6



Lesson 4 – physical & emotional changes in puberty

Pupil video: (*excludes the word clitoris*)

<https://www.kapowprimary.com/subjects/rse-pshe/upper-key-stage-2/year-6/safety-and-the-changing-body/lesson-4-physical-and-emotional-changes-of-puberty/>

Year 6



Lesson 5 – conception

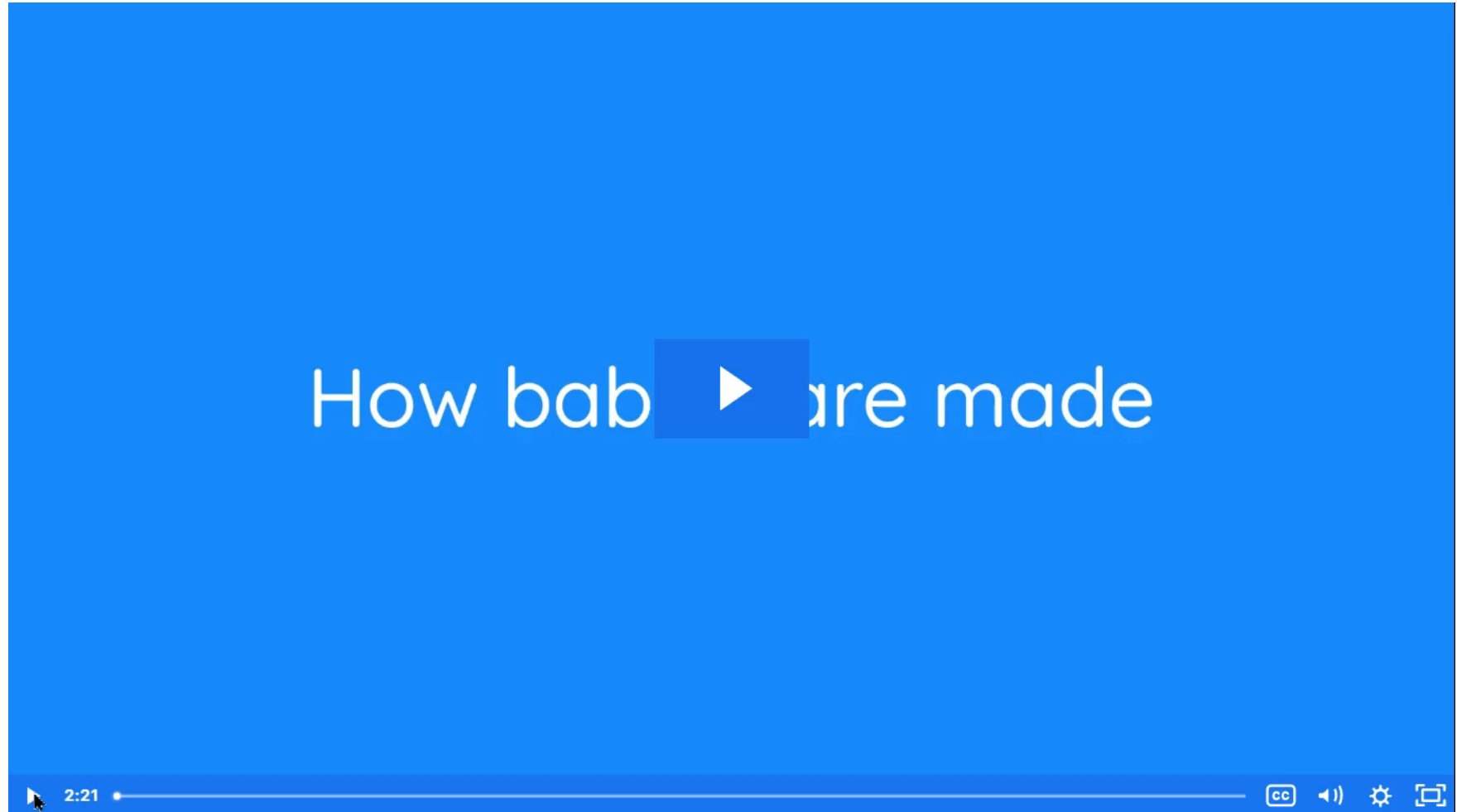
Menstruation videos as used in Year 5 – statutory part of the lesson.

Conception videos split into 2 parts with separate version for boys & girls – same video but with female or male narrations.

Year 6

Lesson 5 –
conception
(non-statutory
part of the
lesson)

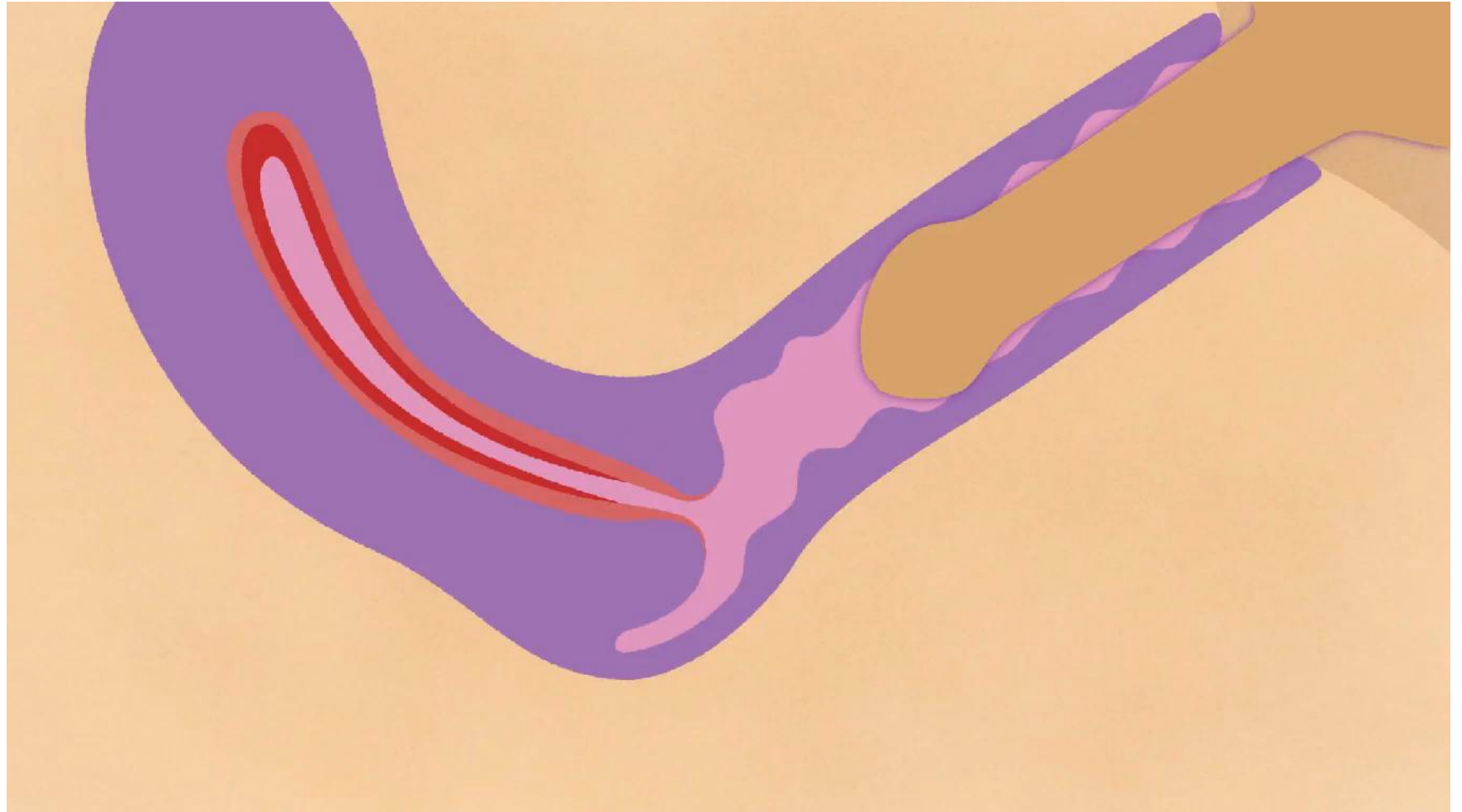
Pupil video –
part 1



Year 6

Lesson 5 –
conception
(non-statutory
part of the
lesson)

Pupil video –
part 2



Year 6



Lesson 6 – pregnancy and birth

Pupil video:

(non-statutory)

<https://www.kapowprimary.com/subjects/rse-pshe/upper-key-stage-2/year-6/safety-and-the-changing-body/lesson-6-pregnancy-and-birth-parents-have-the-right-to-withdraw-their-child-from-this-lesson/>

What to do if I have questions?

- Look through the materials on the Relationships and Health Education section of the Churchend website.
- Read through the government guidance and guides for parents.
- If you have further questions or would like to come in for a discussion, please email admin@churchendacademy.com- FAO Miss Hardy.
- If you wish to withdraw your child from the non-statutory lessons in Year 6 or the additional Y4 girls lesson please come in for a discussion first with myself before completing the form.
- If you are going to withdraw your child, we need the completed form by **Friday 22nd May** emailed to Mrs Slocombe.