



PSHE AND RSE CURRICULUM POLICY FOR HOLT FARM INFANT SCHOOL

DATED: February 2026

LAST EDITION: May 2023

POLICY TO BE REVIEWED September 2027

The Policy was formally adopted by the Governing Board.	Date: 10.02.26
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Intent

At Holt Farm Infant School, our PSHE (Personal, Social, Health and Economic) and RSE (Relationships and Sex Education) curriculum supports our school ethos: to be **Happy, Friendly, Incredible, Safe**. We aim to help children understand themselves and others, build respectful relationships, and grow into confident, caring and responsible individuals.

Curriculum and Scheme of Work

We follow the **Plan Bee** scheme of work for PSHE and RSE. This comprehensive, age-appropriate programme covers all statutory RSE objectives as set out in the National Curriculum and is aligned with the **PSHE Association's** programme of study.

Plan Bee is structured into three core themes:

1. Health and Wellbeing
2. Relationships
3. Living in the Wider World

Each unit is carefully planned to build on previous learning, providing clear progression across year groups. Lessons include opportunities for discussion, role-play, reflection and practical activities that promote engagement and personal development.

Relationships and Sex Education (RSE)

At Holt Farm Infant School, our approach to RSE is sensitive, inclusive and age-appropriate. As an **infant school**, our focus is on relationships education, which is statutory, and **does not include sex education beyond what is covered in the Science curriculum** (e.g. naming external body parts, understanding growth and change, and recognising similarities and differences between people).

Through the Plan Bee scheme and wider PSHE provision, pupils learn about:

- Families and people who care for them
- Caring friendships
- Respectful relationships
- Online relationships (at an appropriate level)
- Personal safety and boundaries, including the concept of private body parts (e.g. using the NSPCC PANTS rule)
- The importance of self-respect and mutual respect
- Developing empathy and understanding different types of families and relationships

All teaching is delivered in a way that is inclusive and respectful of all backgrounds, family structures, and beliefs. We ensure that children understand the importance of kindness, empathy, and equality in all relationships.

Parents' Right to Withdraw

In line with government guidance, **parents do not have the right to withdraw their child from statutory Relationships Education or any content that forms part of the National Curriculum for Science**. As an infant school, we do not teach sex education beyond these statutory elements.

Links to School Aims

Our PSHE and RSE curriculum reflects our whole-school aims to ensure that all pupils are:

- **Happy**: developing emotional literacy, confidence, and a positive sense of self.
 - **Friendly**: building strong, respectful and caring relationships with others.
 - **Incredible**: celebrating their uniqueness and striving to achieve their full potential.
 - **Safe**: understanding how to keep themselves safe in a variety of situations.
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Cross-Curricular Opportunities

PSHE and RSE themes are reinforced across the curriculum:

- In **ICT**, children learn about online safety, privacy, and respectful communication.
- In **Science**, links are made with health, hygiene, and the human body.
- In **Literacy**, pupils explore feelings, relationships and diversity through stories and discussions.
- In **PE**, children learn about teamwork, resilience and physical wellbeing.

These cross-curricular links ensure that PSHE and RSE learning is meaningful, relevant, and embedded into everyday school life.

Early Years Foundation Stage (Reception)

In Reception, PSHE and citizenship are taught as an integral part of topic-based learning. Teaching is aligned with the **Prime Area of Personal, Social and Emotional Development (PSED)**, focusing on:

- Forming positive relationships
- Developing self-confidence
- Managing feelings and behaviour

Children are also supported in understanding their world and place within it, providing early foundations for citizenship education.

Monitoring and Review

Curriculum coverage and impact are monitored by the subject leader and senior leadership team. Staff feedback, pupil voice and work samples are used to inform future planning and ensure consistent delivery.

Implementation

Our PSHE lessons are taught by the teaching staff. Special consideration is given when teaching particularly sensitive content, and staff are fully aware of the children in their class and how they might relate to the lesson content. We aim to create and maintain a safe environment within which all children feel able to ask questions and discuss issues openly.

PSHE and RSE are taught weekly using Plan Bee, supported by circle time, assemblies, and daily interactions. The curriculum is accessible to all, with differentiation and support in place for **SEND** and **EAL** pupils. Teachers provide a safe, inclusive environment where children feel confident to share their thoughts and experiences.

Our PSHE and RSE curriculum empowers children to be confident, responsible, and respectful individuals. Through high-quality teaching and a nurturing environment, we prepare our pupils for the wider world while staying true to our core values of being **Happy, Friendly, Incredible, and Safe**.