



Marchwood Church of England Infant School

Relationships and Sex Education and Health Education (RSE) Policy

Headteacher: Sally Atkins

Date approved: September 2026

Signed: 

Review due: September 2027

1. Aims

The aims of relationship and sex education at Marchwood Church of England Infant School are:

- To ensure Sex and Relationships Education is part of a child's broad, balanced curriculum, integral to the basic curriculum of the school and part of the child's all-round development.
- To enable pupils to understand the qualities of healthy relationships based on Christian principles.
- To prepare children for healthy relationships in an online world.
- To understand how to stay safe, know the importance of boundaries and how to report abuse or feelings of being unsafe.
- Help pupils develop a positive and secure personal identity, a sense of their own value and feelings of confidence and empathy.
- Create a positive culture around issues of sexuality and relationship.
- To ensure that all understand the importance of respecting others and accepting those who differ, yet challenging those behaviours and attitudes which exploit others and do not reflect our Christian values.
- To know how to 'love your neighbour' even when we might disagree.

2. RSHE Statutory Requirements:

As a maintained Infant school we must provide relationships education to all pupils as per section 34 of the [Children and Social work act 2017](#). However, we are not required to provide sex education but we do need to teach the parts of the science national curriculum relating to humans and growth. In teaching RSE, we must have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#). At Marchwood C of E Infant School we teach RSE as set out in this policy.

3. Development and Review:

This policy has been developed in consultation with staff, Governors and parents.

This policy will be reviewed every three years.

4. Definitions:

Relationship education is all about teaching children about physical, moral and emotional development. This starts with pupils being taught about what a relationship is, what friendship is, what family means and who the people are who can support them. From the beginning of primary school, building on early education, pupils should be taught how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy. RSE covers 5 different aspects that will be achieved by the end of primary from [Relationships Education \(Primary\)](#) :

1. Families and people who care for me.
2. Caring friendships.
3. Respectful relationships
4. Online relationships
5. Being safe

Parents cannot withdraw their child from any part of Relationship Education as this now forms part of the basic curriculum and is a requirement of the government's statutory guidance.

5. Implementation

The implementation of this policy is the responsibility of the Headteacher and all teaching staff. Staff working with children with SEN must ensure that they are properly included in the relationship teaching. RSE will be planned and taught through a PSHE programme called Heart Smart which aims to support resilience, healthy relationships and positive well-being in all pupils. (Shown in Appendix 1-3) This can be taught in any order that is best suited to the needs of the class.

EYFS

Staff will also follow the requirements of the 'Early Years Foundation Stage' document.

Personal, Social and Emotional development is the area of the EYFS curriculum that underpins the following three areas of learning in relation to the RSE requirements.

- Emotions
- Sense of self

- Relationships

KS1 – Other elements of RSE will be taught through the Science Curriculum.

The term “sex education” will not be used with our children and the programme of work will reflect the age and the physical and emotional maturity of the children. The children will be taught in small groups or whole class situation as appropriate. When it is necessary to do so children will be spoken to on an individual basis.

6. Roles and Responsibilities:

The Governing Board:

The governing board will approve the RSHE policy and hold the headteacher to account for its implementation.

The Headteacher:

The headteacher is responsible for ensuring that RSHE is taught in a carefully sequenced way within a planned programme.

Staff:

Staff are responsible for:

- Teaching in line with the Church of England foundation of the school.
- Delivering RSE with sensitivity.
- Modelling positive attitudes to RSE.
- Responding to the needs of individual pupils.

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher.

Pupils:

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

Training:

Staff are trained on the delivery of RSE.

The headteacher may invite visitors to assist with the delivery of RSE or to train staff. Any visitors will follow the school policy and deliver in line with the Church of England ethos of the school.

Appendix 1 – EYFS

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
GET HEARTSMART (Meet Boris)	My HeartSmart Toolbelt Looking at Boris' special tools to learn what it means to be HeartSmart ACTIVITY PSED - SC/SA	Becoming Boris Using junk materials to dress up as Boris ACTIVITY PSED - MR	Fill Boris' Toolbox Roll a dice to find the missing tools from Boris' toolbox GAME PSED - MR	How do they feel? Learning to read facial expressions and body language to understand how someone is feeling ACTIVITY PSED - MFB	My Heart is full Talking about the things we love and how they make us feel ACTIVITY PSED - MFB	Heart Hunt Looking for hidden hearts GAME PSED - MR
DON'T FORGET TO LET LOVE IN (I am special)	I am loved! Learning that each one of us is loved, special and important CIRCLE TIME PSED - SC/SA	My Favourite Things Thinking about our favourite things and how they are all different ACTIVITY PSED - SC/SA	My heart! Talking about how we demonstrate different emotions ACTIVITY PSED - MFB	Twinkle Twinkle Thinking about what makes our friends special GAME PSED - MR	Who am I? Children to find different objects they like ACTIVITY PSED - SC/SA	EYFS has talent Demonstrating our different skills and talents ACTIVITY PSED - SC/SA
TOO MUCH SELFIE ISN'T HEALTHY (I love others)	I love to... Discussion about who you love and what you love to do together ACTIVITY PSED - MR	Parachute Families Game to demonstrate how everyone's family is different GAME PSED - MR	Sorting Feelings Looking at ways people express how they are feeling and ways we can show we care ACTIVITY PSED - MFB	How do you do? Exploring ways to show care and affection for others GAME PSED - MR	Helpful Hearts Thinking about how we show others we care when we offer our help ACTIVITY PSED - MR	Thank you for helping me Thanking members of the school community for their help ACTIVITY PSED - SC

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DON'T RUB IT IN, RUB IT OUT (I am a good friend)	Super Friends Discussing what makes a super friend ACTIVITY PSED - MR	Musical friends Game to show the importance of including others GAME PSED - MR	Listening Ears Game to encourage children to listen to one another GAME PSED - MFB	Soft words, Hard words Thinking about the types of words we use and how they make others feel ACTIVITY PSED - MR	If I met the Scrapman Being kind to others even when their behaviour is unkind ACTIVITY PSED - MR	Grumpy Frog Story Exploring saying sorry through story STORY PSED - MFB
FAKE IS A MISTAKE (I tell the truth)	Boris and the Scrapman's lies Children to differentiate between lies and truth. ACTIVITY PSED - MFB	Cheer up Boris! Write or draw a postcard for Boris using kind and encouraging words. ACTIVITY PSED - MFB	How Rabbit got his long ears Story to explore the importance of telling the truth STORY PSED - MR	Hat Game Pretending to be someone else is fun but being me is better ACTIVITY PSED - SC/SA	Thankful Heart Circle time to think about what the children are thankful for. CIRCLE TIME PSED - SC/SA	Tell me about you Sharing and celebrating differences in our homes and families SHOW & TELL PSED - SC/SA
NO WAY THROUGH, ISN'T TRUE (I can do it!)	Boris in the kitchen Considering how we can move forward from mistakes we make DISCUSSION PSED - SC/SA	I can challenge Series of challenges for children to practise and complete. ACTIVITY PSED - SC/SA	Stuck! Circle time to consider what to do when the children are stuck. CIRCLE TIME PSED - SC/SA	When I grow up Game and discussion around what children want to do when they grow up GAME PSED - SC/SA	Magnetic Maze Activity to demonstrate persevering to find a way through ACTIVITY PSED - SC/SA	Changing Caterpillars Considering change through the life cycle of a caterpillar ACTIVITY PSED - SC/SA

Appendix 2 – Year 1

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart HS FILM R&HE - CF3, MW1 PSHE - H2, R2	Power How we can use our power in positive and negative ways ACTIVITY R&HE - CF3, CF5 PSHE - R2, R12	Feelings Bingo Understanding our emotions GAME R&HE - MW2, MW3 PSHE - R1, H4	What goes in, must come out - Worms! What we put in our hearts is what comes out ACTIVITY R&HE - MW1 PSHE - H2	Guess Who? Who we are grateful for in our class and why GAME R&HE - CF1, CF2 PSHE - R9	Healthy Choices Helping Boris make good choices to keep healthy ACTIVITY R&HE - MW1, PH1 PSHE - H2	Get HEARTSMART Reflection Circle time - What we have learned about Get HEARTSMART WORKSHEET R&HE - CF3, MW1 PSHE - R2, R4
DON'T FORGET TO LET LOVE IN!	Don't Forget to Let Love In! Introduction to the 1st HeartSmart principle HS FILM R&HE - RR4, MW1 PSHE - R1, R4	Pants! Learning about appropriate and inappropriate contact WORKSHEET R&HE - BS3, BS4 PSHE - R10	Truth or Lies Differentiating between truths and lies about us ACTIVITY R&HE - MW1 PSHE - H3	Would you Rather? Game of preference GAME R&HE - CF3 PSHE - L8	Marshmallow Test Learning that there is a choice in spending and saving ACTIVITY R&HE - N/A PSHE - L7	Taking Care of Me Ways to take care of ourselves everyday ACTIVITY R&HE - HP4, HP5 PSHE - H1, H6, H7, H11	Don't Forget to Let Love in Reflection Circle time - What we have learned about Don't Forget to Let Love in! WORKSHEET R&HE - RR4, MW1 PSHE - H4, R1
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle HS FILM R&HE - CF2, CF3 PSHE - R1, R2	Who's Missing? Developing an awareness of our surroundings and the people around us ACTIVITY R&HE - CF1 PSHE - L4	The Smartest Giant in Town How can we help others? How have others helped us? STORY R&HE - CF2, CF3 PSHE - L1	Who Looks After Me? Who looks after us? How can we show them our appreciation? ACTIVITY R&HE - F1, F2, F4 PSHE - H13	Teamwork - Monsters University Working as a team to reach an end goal FILM CLIP R&HE - CF2 PSHE - L3	Helping Boris Discussing simple rules to help keep us safe online WORKSHEET R&HE - OR2, OR3, ISH1 PSHE - H12	Too Much Selfie isn't Healthy Reflection Circle time - What we have learned about Too Much Selfie isn't Healthy! WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2

DON'T RUB IT IN, RUB IT OUT	Don't Rub it in, Rub it Out! Introduction to the 3rd HeartSmart principle HS FILM R&HE - CF4, RR2 PSHE - H2	Goldilocks and Baby Bear Thinking about the motive behind our behaviour, how our behaviour affects others and how to make amends ACTIVITY R&HE - RR1, CF5 PSHE - R2, R4	Forgiveness Fizz Discussion around how forgiveness can help hard situations disappear ACTIVITY R&HE - CF4 PSHE - R1	Chalk faces Different ways we can handle negative emotion effectively ACTIVITY R&HE - MW2, MW3, MW4 PSHE - R6, R7	Disappointed Robots Exploring different ways to handle disappointment ACTIVITY R&HE - MW3 PSHE - H3, H4	Builders and Wreckers How the words we use can build others up or knock them down ACTIVITY R&HE - MW8, RR6 PSHE - R11, R14	Don't Rub it in, Rub it Out Reflection Circle time - What we have learned about Don't Rub it in, Rub it Out! WORKSHEET R&HE - CF4, RR2 PSHE - H2
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle HS FILM R&HE - CF2 PSHE - R1	The Best Me Being yourself is the best you, you can be ACTIVITY R&HE - N/A PSHE - L8	Don't Hide What's Inside! Don't hide your true thoughts and feelings ACTIVITY R&HE - CF3, F4 PSHE - R1, R5	Mask Making Thinking about who we can trust to talk to when we are sad or mad ACTIVITY R&HE - CF5, BS6, BS7, BS8 PSHE - H13, H4	Telephone Whispers How small lies can have a big impact GAME R&HE - CF2 PSHE - R4, R2	Smile! Looking at the importance of good oral hygiene and dental health WORKSHEET R&HE - HP4 PSHE - H1	Fake is a Mistake Reflection Circle time - What we have learned about Fake is a Mistake! WORKSHEET R&HE - CF2 PSHE - R1
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle HS FILM R&HE - MW2 PSHE - H3, H4	Mission Possible Learning from our experiences and trying again ACTIVITY R&HE - MW4 PSHE - H3, R7	Tummy Talk Trusting our instincts. Good secrets v bad secrets ACTIVITY R&HE - BS5, BS6 PSHE - R3, H15	Seeds of Potential There is potential in all of us ACTIVITY R&HE - RR1 PSHE - L1, L4, H9	Hearts that Dream Creating Dreamboards to capture our hopes and dreams ACTIVITY R&HE - MW6 PSHE - H2	Love a lot, Miss a lot Circle time and activity around people, animals and things we have lost WORKSHEET R&HE - MW2, MW3, MW9 PSHE - H5, R1	'No Way Through' isn't True Reflection Circle time - What we have learned WORKSHEET R&HE - MW1 PSHE - H3, H4



Appendix 3 – Year 2

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart	Power Plus Describing how we can use our power in positive and negative ways	Heart Decisions Considering the reputations we would like to have	Bright Hearts What is in our hearts, is played out in our words and actions	Love Map Identifying special people and how they show us love	Boris Face Plate Creating a robot face from healthy foods	Get HEARTSMART Reflection Circle time - What we have learned about Get HEARTSMART
	HS FILM R&HE - CF3, MW1 PSHE - H2,R2	ACTIVITY R&HE - CF3 PSHE - L1	ACTIVITY R&HE - CF2, MW4 PSHE - H2	ACTIVITY R&HE - MW3, MW4 PSHE - H2	WORKSHEET R&HE - F1, F3 PSHE - R9	ACTIVITY R&HE - HE2, HE3 PSHE - H1	WORKSHEET R&HE - CF3, MW1 PSHE - R2,R4
DON'T FORGET TO LET LOVE IN!	Don't Forget to Let Love in! Introduction to the 1st HeartSmart principle	I am cubes Recognising and celebrating our strengths and ways in which we are all unique	Trash or Truth Learning to differentiate between the truths and lies that we hear or speak about ourselves	Meaning of my Name Writing an acrostic poem for your name by selecting words that describe you	Boundin Discussion around how being thankful for what we have, changes our attitude	Heartbeat- Noting the difference in our heart rate after physical activity. Loving ourselves means looking after ourselves	Don't Forget to Let Love in Reflection Circle time - What we have learned about Don't Forget to Let Love in!
	HS FILM R&HE - RR4, MW1, PSHE - R1, R4	WORKSHEET R&HE - RR4 PSHE - H3	ACTIVITY R&HE - RR4, RR5 PSHE - L3	ACTIVITY R&HE - N/A PSHE - L8	FILM CLIP R&HE - MW6 PSHE - H3	ACTIVITY R&HE - PH1, PH2, PH3 PSHE - H1	WORKSHEET R&HE - RR4, MW1 PSHE - H4, R1
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle	Spot the Difference Be aware of surroundings and the people around you	Secret Kindness Agents Looking for opportunities to do something kind for others	Everyday Heroes Thinking about people who look after us in our community	We all Fit Together Looking at how are we the same and how we are different	HeartSmart on the Playground, HeartSmart Online Rules for keeping safe online	Too Much Selfie isn't Healthy Reflection Circle time - What we have learned about Too Much Selfie isn't Healthy!
	HS FILM R&HE -CF2, CF3 PSHE - R1, R2	ACTIVITY R&HE - CF1 PSHE - L4	ACTIVITY R&HE - CF3, RR2 PSHE - R4	ACTIVITY R&HE - RR1, RR5, BS8 PSHE - L10	ACTIVITY R&HE - RR1, RR5 PSHE - L9, R8	WORKSHEET R&HE - OR2, OR3, OR5, ISH7 PSHE - H12, H14, H15	WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
DON'T RUB IT IN, RUB IT OUT	Don't Rub it in, Rub it Out! Introduction to the 3rd HeartSmart principle	That's what Friends are for (Shrek) Saying sorry and offering forgiveness between friends	Balloon Spoons Demonstrating how holding onto unforgiveness can make us feel	Let the Ouch Out Reflecting on helpful ways to deal with hurt	Traffic Lights Ways to handle negative emotion	Crumpled Hearts Demonstrating the consequences of teasing or bullying	Don't Rub it in, Rub it Out Reflection Circle time - What we have learned about Don't Rub it in, Rub it Out!
	HS FILM R&HE - CF4, RR2 PSHE - H2	FILM CLIP R&HE - CF4 PSHE - R6	ACTIVITY R&HE - MW3, MW4 PSHE - H4	WORKSHEET R&HE - MW7, MW9 PSHE - H4, H5	ACTIVITY R&HE - MW3, MW9 PSHE - H4, H13	ACTIVITY R&HE - MW8, RR6, BS7 PSHE - R13, R14	WORKSHEET R&HE - CF1, CF2, CF3, CF4 & CF5 PSHE - H2
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle	Grains of Sand There never has and never will be another one of me	The Truth about Me Not all the thoughts we have about ourselves are true	Real is a Big Deal Discussing how different emotions feel	Nice to Meet You! Looking at ways to be polite when meeting others	Sun Safe! Thinking of ways to stay safe in the sun	Fake is a Mistake Reflection Circle time - What we have learned about Fake is a Mistake!
	HS FILM R&HE - CF2 PSHE - R1	ACTIVITY R&HE - N/A PSHE - L8	DISCUSSION R&HE - MW1, MW4 PSHE - R4, R12	WORKSHEET R&HE - MW2, MW3 PSHE - H4, R1	GAME R&HE - RR3 PSHE - R8	ACTIVITY R&HE - HP2 PSHE - H1	WORKSHEET R&HE - CF2 PSHE - R1
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle	Road signs Finding alternative solutions to problems	Ways to Say Looking at seemingly impossible situations in different ways	Rainbows from Rain Overcoming challenges and difficulties	Imagine a Bright Future Imagining 'What if...' in a positive way	Energy Detectives Looking for signs of energy and thinking about ways to conserve it	'No Way Through' isn't True Reflection Circle time - What we have learned about 'No Way Through' isn't True!
	HS FILM R&HE - MW2 PSHE - H3, H4	ACTIVITY R&HE - MW2 PSHE - H3	ACTIVITY R&HE - MW2, MW4 PSHE - H4	ACTIVITY R&HE - MW2, MW3 PSHE - H3	ACTIVITY R&HE - MW1 PSHE - H1, H2	ACTIVITY R&HE - N/A PSHE - L1, L5	WORKSHEET R&HE - MW2 PSHE - H3, H4