



RSHE

Intent:

KS3 Relationships, Sex, and Health Education is designed to provide students with the foundational knowledge and skills needed to navigate personal and social challenges confidently and responsibly. Focusing on Unit 1 from the NCFE RSHE Qualification, this course emphasises building healthy relationships, understanding physical and emotional health, and fostering respect for self and others. The intent is to equip students with the ability to make informed decisions, promote their well-being, and contribute positively to their communities. By exploring topics such as personal boundaries, healthy lifestyles, and emotional resilience, students develop critical skills to thrive in their personal and social lives, while understanding the importance of diversity, inclusion, and respect.

In KS4 the intent is to deepen students' understanding of RSHE by exploring more complex topics related to personal identity, societal expectations, and the impact of external influences. Using unit 3 from the NCFE qualification, it aims to expand students' critical thinking skills as they consider how factors such as peer pressure, media, and culture shape their choices and behaviours. The intent is to empower students with the confidence and tools to make safe, responsible, and respectful decisions in more challenging situations. By addressing topics such as consent, sexual health, and influences on behaviour, Unit 3 encourages students to further develop their ability to analyse, evaluate, and reflect on their values and actions.

Implementation:

Both KS3 and KS4 follow the approved schemes of work from NCFE for Level 1/2 Award in RSHE. The course is delivered through a series of engaging and interactive sessions, combining practical activities, discussions, and real-life scenarios to reinforce understanding. Students are guided through structured lessons that cover essential topics such as relationship dynamics, self-care strategies, and recognizing unhealthy behaviours. We use a mix of group work, case studies, and reflective activities to encourage active participation and critical thinking. Digital resources are provided by NCFE through their iAchieve platform to allow students independent study when appropriate. Standalone lessons are also used to address issues raised through safeguarding and teacher briefings regarding students' wellbeing throughout the academic year.

Formative assessment is achieved through the completion of the NCFE provided workbooks alongside additional tasks created in line with the qualification learning outcomes. Work is internally assessed and internally quality assured. It is then subject to an external quality assurance with NCFE.

Impact:

By the end of KS3 students will demonstrate a clear understanding of the principles underpinning healthy relationships, self-care, and well-being. They will be able to identify positive and negative behaviours in relationships, articulate their personal boundaries, and

recognize strategies to maintain physical and emotional health. This qualification builds students' confidence and equips them with skills that can be applied in real-life contexts, enabling them to manage social pressures and make informed decisions. The course aims to instil a sense of responsibility, self-awareness, and empathy, preparing students for the challenges of adulthood and contributing to their broader personal and academic development. Evidence of the course's impact will be seen through improved engagement, self-reflection, and behavioural changes that have positive impact on the student's individual lives.

KS4 builds upon the skills and knowledge from KS3 by equipping students with the ability to apply their understanding to more complex and realistic scenarios. Students will demonstrate increased confidence in navigating sensitive and challenging situations, such as understanding and asserting consent, maintaining healthy relationships, and managing influences on behaviour. They will show greater self-awareness and an enhanced ability to critically evaluate the consequences of their choices. KS4 will also see the development of skills such as empathy, effective communication, and resilience, which are essential for personal growth and success in adulthood. The impact will be reflected in students' improved ability to make informed decisions, respect others' boundaries, and take ownership of their health and well-being in a mature and responsible manner. By the end of KS4 all students will achieve a Level 1 Award and some will achieve Level 2 Award based on how long they have attended.