



RSHE Update 2026 - Appendix

Governor / SEF Summary

Governors are assured that the PSRHE curriculum meets statutory requirements for Relationships Education and Health Education. The curriculum has been reviewed against the updated Department for Education RSHE statutory guidance (July 2025), ahead of its formal implementation in September 2026. Coverage is age-appropriate, well-sequenced and supports pupils' personal development, safeguarding and wellbeing. Leaders can clearly demonstrate how required content is taught, revisited and built upon across EYFS, Year 1 and Year 2.

Inspection-Ready - Curriculum Judgement

The PSRHE curriculum meets current statutory requirements and is well aligned with the updated RSHE statutory guidance. Strengths include clear sequencing of Relationships Education, comprehensive Health Education provision, strong coverage of personal safety and emotional wellbeing, and age-appropriate online safety teaching. The curriculum is securely positioned to meet both current and forthcoming statutory expectations.

Key Strengths Evident in Inspection

- All statutory Relationships Education content is clearly planned and taught across EYFS, Year 1 and Year 2.
- Health Education coverage includes physical health, mental wellbeing, personal safety and growing and changing.
- Updated guidance expectations, including bereavement, personal safety and correct anatomical terminology, are embedded.
- Curriculum sequencing is clear, defensible and age-appropriate.
- Safeguarding is integral, with clear identification of trusted adults and routes for support.

Statutory Mapping Grid (DfE Requirement → Where Taught)

RELATIONSHIPS EDUCATION (PRIMARY)

DfE statutory requirement

- Families and caring relationships
- Caring and respectful friendships
- Privacy and boundaries
- Appropriate / inappropriate touch
- Seeking help and trusted adults

Where taught

- ✓ EYFS–Y2 Relate strand
- ✓ Celebrate and Relate lessons
- ✓ Y1 Safe Relationships L4; Y2 Safe Relationships L4
- ✓ Y1 Safe Relationships L5; Y2 Safe Relationships L6
- ✓ Keeping Safe lessons

HEALTH EDUCATION – PHYSICAL WELLBEING

DfE statutory requirement

- Personal hygiene
- Healthy eating & activity
- Dental care
- Sun safety
- Medicines & vaccinations

Where taught

- ✓ EYFS; Y1 Physical Wellbeing L1
- ✓ EYFS; Y1 Physical Health L6
- ✓ EYFS L4; Y2 Keeping Safe L3
- ✓ Y1 Physical Wellbeing L6
- ✓ Y2 Physical Wellbeing L6

HEALTH EDUCATION – MENTAL WELLBEING

DfE statutory requirement

- Recognising emotions
- Self-regulation strategies
- Resilience and self-belief
- Change and loss

Where taught

- ✓ Meet Your Brain / Relate lessons
- ✓ Happy Breathing lessons
- ✓ Engage lessons
- ✓ Y2 Mental Health L5

HEALTH EDUCATION – PERSONAL SAFETY

DfE statutory requirement

- Road, fire and water safety
- Unfamiliar environments
- Emergency response
- People who keep us safe

Where taught

- ✓ EYFS; KS1 Keeping Safe
- ✓ Y1 Keeping Safe L3
- ✓ Y2 emergency (999) lesson
- ✓ Y1 Keeping Safe L4

Governor Assurance Statement

Governors can be confident that the PSRHE curriculum is compliant, well-embedded and inspection-ready. Ongoing review ensures continued alignment with statutory guidance and best practice.

Evidence of Coverage Against Updated Requirements

Relationships Education

The curriculum clearly addresses all statutory Relationships Education outcomes. Pupils learn about families, friendships, respect, kindness and differences through the Relate and Celebrate strands from EYFS to Year 2. Safe Relationships lessons explicitly cover privacy, body boundaries, permission, appropriate and inappropriate physical contact, and how to seek help from trusted adults.

Health Education – Physical and Mental Wellbeing

Health Education requirements are securely met. Coverage includes personal hygiene, dental care, healthy eating, physical activity and sun safety. Mental wellbeing is a consistent thread through emotional literacy, self-regulation strategies and resilience building. Loss and bereavement are explicitly taught in Year 2, in line with the strengthened emphasis in the updated statutory guidance.

Personal Safety

The updated statutory focus on personal safety is well addressed. Pupils learn about road safety, fire and water safety, keeping safe in familiar and unfamiliar environments, identifying people whose job it is to keep them safe, and how to respond in an emergency, including dialling 999.

Online Safety and Digital Wellbeing

Online safety learning in KS1 is age-appropriate and compliant with statutory expectations. Pupils learn how to use the internet safely, understand that not all online information is true, and recognise that people may behave differently online. More complex online risks are intentionally deferred to Key Stage 2.

Areas Requiring Clarification (*Not Curriculum Gaps*)

The curriculum content itself meets statutory requirements. To strengthen inspection defensibility, documentation should explicitly state that the curriculum has been reviewed against the July 2025 statutory guidance. Minor wording clarifications could also make explicit that behaviour causing harm is not acceptable, reflecting the language of the updated guidance.

Final Section: Coverage of Updated RSHE Requirements (July 2025)

The long-term PSRHE curriculum fully covers the updated statutory requirements for Relationships Education and Health Education as set out in the Department for Education RSHE statutory guidance published in July 2025. The curriculum is already aligned with strengthened expectations around personal safety, mental wellbeing (including loss and bereavement), and correct anatomical terminology, and is therefore secure and future-proofed ahead of statutory implementation in September 2026.

Any remaining actions relate to documentation clarity rather than curriculum gaps. With explicit reference to the updated guidance added to policy documentation, the PSRHE curriculum is fully compliant and inspection-ready.