

## Relationship Education, RSE and Health Education (RSHE)

We use Inside Out as the basis for teaching RSHE.

	Spiritual	Moral	Social	Cultural
<b>Intent (Why?)</b>	<p>Understand that mental wellbeing is a normal part of daily life and where/how to seek support for themselves and others</p> <p>Develop an awareness that there is a normal range of emotions and learn how to recognise and talk about their emotions</p> <p>Understand the importance of self-respect and how this links to their own happiness</p>	<p>Understand that in school and wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority</p> <p>Understand the negative impact of bullying</p> <p>Know the benefits of physical exercise, time spent outdoors and a healthy diet on wellbeing and happiness</p>	<p>Understand the benefits of community/ voluntary participation on mental wellbeing and happiness</p> <p>Understand the importance of caring, healthy friendships, family relationships and appropriate boundaries to stay safe and where/how to seek help if needed</p>	<p>Understand and respect that all families are different, and characterised by love and care</p> <p>Understand the importance of respecting others, even when they are very different from them (e.g. physically, in personality, backgrounds and beliefs)</p>
<b>Implementation (How?)</b>	Magical Days Out Assemblies and activities based on Inside Out's 5 Keys to Happiness framework - Look Inside, Move, Outside, Share More, Be Curious, Be Kind	Magical Days Out Assemblies and activities based on Inside Out's 5 Keys to Happiness framework - Look Inside, Move, Outside, Share More, Be Curious, Be Kind	Magical Days Out Assemblies and activities based on Inside Out's 5 Keys to Happiness framework - Look Inside, Move, Outside, Share More, Be Curious, Be Kind	Magical Days Out Assemblies and activities based on Inside Out's 5 Keys to Happiness framework - Look Inside, Move, Outside, Share More, Be Curious, Be Kind

<b>Impact</b>	<p>Children use a common language to discuss emotions and seek support when needed</p> <p>Children gain a 'toolkit' of practical life skills to look after their own wellbeing and happiness</p>	<p>Children know their own self-worth and behave fairly and responsibly</p> <p>Children eat healthily, enjoy being outdoors and active</p>	<p>Children communicate and connect with others in meaningful and safe ways</p>	<p>Children understand, value and celebrate diversity</p>
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