

Relationship and Sex Education

Intent

At Stamford Park we use the Kapow Primary's RSE scheme, which is designed to equip pupils with the knowledge, skills and attributes needed to lead confident, healthy and fulfilling lives, fostering self-awareness, empathy and positive relationships while helping them make informed choices that support their own wellbeing and that of others. Our scheme is rooted in statutory DfE guidance and informed by key non-statutory frameworks, the curriculum provides progressive learning across core areas—including relationships, health, safety, citizenship and economic wellbeing, with an additional focus on identity in Year 6—to build emotional literacy, resilience, respect for diversity and a strong foundation for safeguarding. At Stamford Park we use inclusive resources, exploration of multiple perspectives and opportunities for discussion, the scheme promotes British values and cultural capital, enabling pupils to understand their rights and responsibilities, appreciate diversity and contribute thoughtfully to their communities.

Implementation

At Stamford Park we deliver RSE through a structured, 45-minute weekly lesson supported by CPD videos, clear unit hubs and comprehensive resources aligned with statutory guidance. Lessons follow a consistent sequence—recap of prior learning, an engaging hook, core teaching with modelling, guided and independent tasks, and a reflective wrap-up—while embedded formative assessment (questioning, observation, discussion, pause points, retrieval and success criteria) help our teachers respond to pupils' needs. Our scheme is fully adapted for pupils with SEND, offering scaffolds, multi-sensory approaches, clear instructions and varied learning opportunities, supported by a steady, step-by-step curriculum design. Our structured units provide lesson links, resources, cross-curricular connections and progression documents, while mixed-age plans secure coherent coverage without repetition. Overall, implementation is supported through clear planning, adaptive teaching guidance and a cohesive curriculum structure that enables all our pupils to access, build on and deepen their learning.

Impact

Our scheme supports strong pupil outcomes through ongoing assessment woven into every lesson—questioning, retrieval practice, discussions and interactive tasks enable teachers to check understanding in real time and adapt teaching as needed, while unit Assessment quizzes and Knowledge catchers provide clear measures of retention and progress. Our pupils demonstrate learning through written work, diagrams, creative tasks and spoken explanations, giving teachers a rich evidence base that reflects understanding beyond written outcomes. Our scheme also strengthens teacher confidence and whole-school improvement through clear lesson plans, subject knowledge guidance, CPD videos and practical adaptive teaching strategies, ensuring teachers feel well-prepared and able to meet diverse learning needs. Consistent, high-quality planning, aligned with Ofsted expectations, supports coherent curriculum progression, effective assessment and reduced workload, contributing to confident staff and a well-structured curriculum with measurable impact.