



## Relationships and Health Education at Archbishop Cranmer C of E Primary Academy

### Curriculum Rationale

Relationships and Health Education (RHE) at Archbishop Cranmer is about equipping all children with a healthy internal dialogue and resilient approach to life through high-quality learning opportunities which link closely to our school values and church-school ethos. Pupils engage in learning experiences which build healthy thinking, covering topics such as self-love, relationships with others, emotions, truthfulness and resilience.

### Curriculum Content and Sequencing

Archbishop Cranmer follows the 'HeartSmart' scheme alongside 'Growing Up with Yasmine and Tom' scheme for Sex and Relationships Education (SRE). HeartSmart is based around six key themes: self-love, self-compassion, empathy, forgiveness, truth and resilience. These themes are taught each half term throughout the school, which are tailored to meet the new RHE curriculum requirements.

### Cross Curricular Links inc. SMSC

SMSC and Religious Education – Each HeartSmart lesson is linked carefully to a Bible reference to encourage opportunities for reflection. Our HeartSmart RHE lessons link closely with our Christian values to help our pupils to make deeper links to personal experiences.

### Support and Training

Online HeartSmart resources, including planning, collective worship presentations and CPD opportunities.  
Heartfulness – audio meditations to help children focus awareness on the present moment.  
HeartSmart resources to share with Parents and Carers.  
Shared staff drive with links to useful resources and planning ideas.  
Mental Health and Wellbeing training.

### Progress and Assessment

Each half term begins with an informal baseline assessment and ends with a reflection to consider the skills learnt throughout the unit.  
Reflections and discussions are documented in our class Big Books and Religious Education books.

### Big Ideas

To educate the heart alongside the mind – equipping our children with foundational principles and skills to improve mental health, relationships and academic achievement.

Don't Forget to Let Love In! – Learning how important, valued and loved we are.

Too Much Selfie Isn't Healthy! – Exploring the importance of others and how to love them well.

Don't Rub it In, Rub it Out! – Understanding how to process negative emotion and choose forgiveness to restore relationships.

Fake is a Mistake! – Unpacking how to bravely communicate truth and be proud of who we are.

'No Way Through' isn't True! – Knowing there is a way through every situation, no matter how impossible it may seem.

