

'Pupils have meaningful opportunities to develop their 'mental fitness'. Pupils respond well to this and talk about how it helps them.' Ofsted, October 2022

Austhorpe considers that Relationships and Sex Education and Health Education (RSHE) is an **integral part of the Personal, Social, Citizenship, Health and Economic (PSCHE) Education curriculum.**

We aim to offer pupils a **carefully planned programme** on human development, relationships and family life within a **safe, comfortable atmosphere** and in a relaxed relationship between teacher and pupil. The programme is set within a moral framework and **matched to the pupils' level of maturity.** These aims complement those of the science curriculum in KS1 and KS2.

RSHE is taught through our **One Life** programme following a **deliberately planned and carefully sequenced curriculum which goes above and beyond** the Department for Education's statutory guidance.

Through One Life, RSHE content is broken down into 3 strands: **Mental Fitness; Physical Fitness and Social Fitness.** We are passionate in our belief that, **for our children to grow into happy, healthy and well-rounded young people and adults,** we must teach them, explicitly, how to develop mentally, physically and socially.

Our One Life content is broken down into **key challenges:**



A **crucial element** of our One Life programme is ensuring that our children **understand the warning signs** linked to their mental, physical and social fitness. We have developed a **traffic light system** which supports the children to quickly identify whether they are **staying 'fit'** across the 3 different areas.

The Traffic Light System in our Minds ONE LIFE



GREEN

Physical Fitness:

- Active lifestyle
- A balanced and nutritionally dense diet
- Consistent sleep routine
- Regular visits to the dentist and doctor

Mental Fitness:

- A strong sense of self-awareness and being fully present
- Forgiving yourself and others

Social Fitness:

- Positive relationships at home and with peers
- Staying safe online
- Knowing when something isn't right and doing the right thing
- Showing respect and tolerance to everyone

The Traffic Light System in our Minds ONE LIFE



AMBER

Physical Fitness:

- Lack of consistency in diet and understanding of nutrition
- Poor sleep routine
- Not visiting your dentist and doctor regularly

Mental Fitness:

- Being lost in your thoughts and not present in life
- Low mood
- Reacting instead of responding to whatever happens
- Using unkind words to yourself and others

Social Fitness:

- Falling out repeatedly with family and friends
- Over-sharing online
- Feeling withdrawn in social situations

The Traffic Light System in our Minds ONE LIFE



RED

Physical Fitness:

- Inactive lifestyle
- Unhealthy eating
- Weight and health worries
- Sleep deprivation
- Illegal and harmful substance use

Mental Fitness:

- Isolation and loneliness
- Strong feelings of fear and/or shame
- Not being able to 'show up' in all areas of your life

Social Fitness:

- Bullying or being a bystander in the face of wrongdoing
- Not respecting privacy or consent
- Lawbreaking
- Abusive or unsafe relationships with others (verbal and physical)
- Seeking excessive or harmful content online

If you would like to find out more about our One Life programme, please don't hesitate to contact school and speak to a member of staff.