

RSHE Accredited CPD Training Programme Overview

Two Pathways. One Complete Solution.

From confident teaching to effective leadership - a complete approach to outstanding RSHE.

The RSHE CPD Training Programme provides a structured, whole-school professional development solution, supporting both classroom delivery and strategic leadership.

With two clearly defined pathways, schools can ensure every member of staff is equipped with the knowledge, confidence and tools required to deliver and lead high-quality PSHE and RSHE.



Pathway 1: Classroom Pathway (Teaching Staff)

Designed for teaching staff, this pathway focuses on developing the knowledge and practical skills needed to deliver RSHE effectively in the classroom.

Across six structured modules, teachers will:

- Understand statutory PSHE and RSHE requirements
- Create safe and inclusive learning environments
- Deliver relationships, health and sex education confidently
- Manage sensitive discussions with professionalism
- Assess learning and evidence pupil progression

As outlined in the framework, each module includes clear outcomes and practical strategies, ensuring immediate impact in classroom practice.

Build Confidence. Strengthen Teaching. Deliver Impact.

A Joined-Up Approach to School Improvement

Together, these pathways ensure:

- Consistency in teaching across all classes
- Confidence in delivery of sensitive and statutory content
- Strong leadership and clear direction
- Evidence of impact for every pupil
- Readiness for inspection and accountability



Why Schools Choose This Programme

- Complete CPD solution for both staff and leaders
- Flexible delivery model to suit your school
- Fully aligned with statutory RSHE requirements
- Supports safeguarding and personal development priorities
- Provides clear evidence of progression and impact



Pathway 2: Leadership Pathway (Subject Leads & SLT)

Designed for subject leaders and senior leaders, this pathway focuses on the strategic leadership of RSHE across the school.

The programme includes:

- Modules 1–6 to build strong subject knowledge and teaching understanding
- Modules 7–9 focused on leadership, including policy, curriculum design and inspection readiness

Best fit for your school:

- Subject leads complete Modules 1–6 before delivering training to staff or Modules 1–6 are delivered as a whole-school CPD programme
- Modules 7–9 are designed specifically for leadership and are not intended for class teachers.

As outlined in the framework, each module provides clear outcomes and transformation milestones to support measurable whole-school improvement.

Lead with Clarity. Implement with Confidence. Evidence Impact.

RSHE CPD Training Programme - Classroom Pathway (Teachers)



The following framework outlines the structured professional learning journey designed to strengthen knowledge, confidence, and delivery of high-quality PSHE and RSHE in the classroom.

Module	Focus Area	Key Outcome	Transformation Milestone	Suitable For
1	Understanding PSHE & RSHE (2025 and Beyond)	Develop a clear understanding of the purpose, evolution and statutory framework of PSHE and RSHE.	Shift perception of RSHE from an additional curriculum requirement to a core element of safeguarding and personal development.	Teaching Staff ✓
				Leads/SLT ✓
2	Creating a Safe Learning Environment	Understand the conditions that create emotionally and physically safe learning environments for RSHE learning.	Build confidence in managing sensitive discussions and establishing respectful classroom dialogue.	Teaching Staff ✓
				Leads/SLT ✓
3	Relationships Education	Understand the statutory content pupils must learn across the five themes within Relationships Education.	Strengthen approaches to teaching friendships, respect, boundaries and online relationships.	Teaching Staff ✓
				Leads/SLT ✓
4	Health Education	Explore the statutory health education content across the nine themes and its role in supporting pupil wellbeing.	Strengthen practice in delivering health education topics that support resilience and wellbeing.	Teaching Staff ✓
				Leads/SLT ✓
5	Puberty and Sex Education	Reflect on how early and accurate education about body changes supports pupil confidence and safeguarding.	Build confidence in teaching puberty and sex education, using clear scientific language.	Teaching Staff ✓
				Leads/SLT ✓
6	Assessment and Pupil Progression	Understand how effective assessment strengthens PSHE and RSHE teaching.	Develop practical approaches for gathering meaningful evidence of pupil learning.	Teaching Staff ✓
				Leads/SLT ✓

RSHE CPD Training Programme - Leadership Pathway (Subject Leads)



The following framework outlines the structured professional learning journey designed to strengthen knowledge, confidence and leadership in the delivery of high-quality PSHE and RSHE.

Module	Focus Area	Key Outcome	Transformation Milestone	Suitable For
1	Understanding PSHE & RSHE (2025 and Beyond)	Develop a clear understanding of the purpose, evolution and statutory framework of PSHE and RSHE.	Shift perception of RSHE from an additional curriculum requirement to a core element of safeguarding and personal development.	Teaching Staff ✓
60-90 mins				Leads/SLT ✓
2	Creating a Safe Learning Environment	Understand the conditions that create emotionally and physically safe learning environments for RSHE learning.	Build confidence in managing sensitive discussions and establishing respectful classroom dialogue.	Teaching Staff ✓
45-60 mins				Leads/SLT ✓
3	Relationships Education	Understand the statutory content pupils must learn across the five themes within Relationships Education.	Strengthen approaches to teaching friendships, respect, boundaries and online relationships.	Teaching Staff ✓
45-60 mins				Leads/SLT ✓
4	Health Education	Explore the statutory health education content across the nine themes and its role in supporting pupil wellbeing.	Strengthen practice in delivering health education topics that support resilience and wellbeing.	Teaching Staff ✓
60-90 mins				Leads/SLT ✓
5	Puberty and Sex Education	Reflect on how early and accurate education about body changes supports pupil confidence and safeguarding.	Build confidence in teaching puberty and sex education, using clear scientific language.	Teaching Staff ✓
45-60 mins				Leads/SLT ✓
6	Assessment and Pupil Progression	Understand how effective assessment strengthens PSHE and RSHE teaching.	Develop practical approaches for gathering meaningful evidence of pupil learning.	Teaching Staff ✓
45-60 mins				Leads/SLT ✓
7	Policy Development and Parent Communication	Understand statutory expectations for RSHE policy and approaches for engaging parents and carers.	Strengthen leadership confidence in developing policy and responding to parental questions.	Subject Leads ✓
60-90 mins				SLT ✓
8	Curriculum Design and Implementation	Explore how to design a coherent and progressive PSHE and RSHE curriculum.	Develop confidence in curriculum mapping and progression planning.	Subject Leads ✓
60-90 mins				SLT ✓
9	Audit, Evaluation and Inspection	Reflect on how RSHE provision meets statutory expectations and supports inspection outcomes.	Strengthen approaches to evaluating provision and preparing evidence for Ofsted or ISI inspections.	Subject Leads ✓
60-90 mins				SLT ✓