

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 ✓