

Muse Wellbeing – Supporting Our School's PSHE and RSE Curriculum

At our school, we are committed to helping every child develop the knowledge, skills and values they need to thrive in life. This includes teaching *Personal, Social, Health and Economic (PSHE) education* and *Relationships, Sex and Health Education (RSE)* in a way that is age appropriate, inclusive and engaging.

We deliver PSHE and RSE education using the [Muse Wellbeing](#) curriculum.

What is PSHE?

PSHE stands for Personal, Social, Health and Economic education. It is a school subject that helps pupils understand themselves, others and the wider world. It is often taught on a weekly basis and also includes RSE (Relationships, Sex and Health Education) as a key component. PSHE covers topics such as health and wellbeing, relationships, safety, economic understanding and preparation for life beyond school.

What is RSE?

RSE stands for Relationships, Sex and Health Education and is a key part of PSHE. It focuses on building healthy, respectful relationships, understanding personal boundaries, developing empathy and recognising the importance of consent. It also helps pupils understand the changes they will go through as they grow, and provides them with the knowledge and confidence to make safe, informed choices. RSE supports pupils to stay safe both online and offline and encourages values of kindness, respect and responsibility.

Is Sex Education statutory?

In primary schools, health education and relationships education are statutory. Sex education (*beyond the science curriculum*) is not compulsory at primary level, but many schools choose to teach elements of it to prepare children for the changes they will experience as they grow. Parents have the right to request that their child be withdrawn from non-statutory sex education lessons.

In the Muse Wellbeing curriculum, there are only three non-statutory lessons (found in Year 6 Term 1) across the whole programme. These focus on age appropriate topics such as understanding our bodies, learning about reproduction and life cycles, and exploring the concepts of consent, respect and keeping safe.

All learning content is designed to be informative, respectful and age-sensitive.

Our partnership with Muse Wellbeing

To deliver these important subjects, our school uses the [Muse Wellbeing curriculum](#). Muse Wellbeing provides high quality, carefully sequenced lessons for each year group, supported by teacher resources and guidance. Every lesson is designed to meet statutory requirements, while also nurturing wellbeing, empathy and respect. In total, there are 216 lessons with planned resources, lesson slides and teaching plans across the whole curriculum.



Muse Wellbeing helps us:

- Deliver weekly lessons that are age appropriate and inclusive
- Meet the statutory guidance for RSE education 2025
- Equip children with practical skills for life, wellbeing and learning
- Support staff with clear, structured resources that are engaging to use

Find out more about the Muse Wellbeing curriculum and explore their **Parents/Carers** section at <https://musewellbeing.co.uk/parents-carers>

By working together with parents, carers and the wider community, we can ensure every pupil receives a PSHE and RSE education that prepares them for life, learning and future success.