

# Life to the Full Primary

## RSHE Statutory Updates 2026

### Last updated on 23 March:

This update marks a significant change in approach to what was communicated previously. **All statutory RSHE content will now be included within the core Life to the Full programme.** This means that Life to the Full Plus will **not** be required to ensure RSHE statutory compliance. Thank you for your understanding.

The updated RSHE guidance becomes statutory in September 2026. We know that schools are eager to hear about what we have planned in response to the changes. This article aims to share with you our latest plans and developments, offering reassurance about what is changing — and crucially what is not — and to set some expectations around the timeline for when material will become available.

First, some context. Some of the 2026 guidance content is unchanged from the 2019 guidance, some expanded, and some new. The updates to the guidance are manifold, and highly nuanced. As you will imagine, this means we need to make tweaks, changes and additions to our curriculum programmes. We are working carefully and systematically through every requirement, ensuring that Life to the Full continues to offer a clear, confident and authentically Catholic approach to RSHE (RSE in Wales). Our desire is for schools to feel confident, supported and reassured: whilst we have a lot to do in ensuring the programme meets the updated criteria, the core structure and vision of the programme remain firmly in place.



Life to the Full is a Relationships and Health Education (RHE)\* curriculum programme underpinned by a Christian faith understanding that our deepest identity is as a child of God – created, chosen and loved by God.

\*Relationships and Sexuality Education (RSE) in Wales

## What are the tweaks and amendments?

A number of existing sessions within *Life to the Full* require **tweaks and amendments** to fulfil the nuance of new and expanded guidance. These are refinements rather than structural changes, and they ensure the programme continues to align with the expanded expectations of the new guidance. They relate to themes such as:

- **Families and People Who Care For Me** — emphasising that families should be places of safety and security for children as they grow up.
- **Caring Friendships** — practical skills for being caring and kind in friendships, and emphasising the importance of generosity and trust in friendships.
- **Respectful, Kind Relationships and Being Safe** — more information about who children can turn to when they are in need, especially when they are not sure who they can trust. There is also an emphasis on persisting when children feel like they are not being heard.
- **General Wellbeing** — normalising feelings of worry and feeling down, the importance of asking for help, and the benefits of helping others.
- **Physical Health and Fitness** — emphasising the need for children to know who they can talk to if they are concerned about their health.
- **Drugs, Alcohol, Smoking and Vaping** — more information about vaping and nicotine pouches.
- **Basic First Aid** — emphasising the importance of not filming incidents, and sharing basic information with children about head injuries.
- **Developing Bodies** — the addition of ‘nipples’ to key terminology and explicitly connecting this to privacy, and a renewed emphasis on children expressing boundaries in relation to their bodies.

These tweaks and adjustments typically involve strengthened language, updated examples or added clarity within existing teaching and activities. They are important nuances in the guidance to reflect, but these tweaks will be made within existing sessions, without changing the design, theological or pedagogical foundations of the programme.

## What are the changes?

If ‘tweaks’ were small adjustments and amendments, what we are referring to as ‘changes’ are bigger in delivery impact — but crucially, they still do not change the structure, design, theological or pedagogical methodology.

When reviewing the new guidance, we were keen not to take a piecemeal approach, where we tagged on bits of new content to tick boxes without proper integration. That would, we felt, be frustrating for teachers and pupils alike and risk the integrity of the spiral curriculum via erratic revisiting of content.

Instead, we have taken the updated guidance as an opportunity to review the whole *Life to the Full* curriculum programme, taking a holistic approach to implementing the statutory changes in tandem with updating creative content.

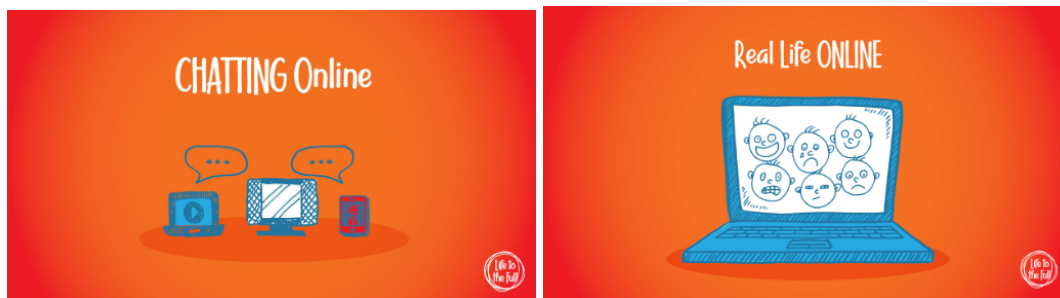
The following are still in the planning phase and as such are subject to further development, but we want to share with you now our plans for the following changes to the core *Life to the Full* programme:

### Module 2, Unit 3: Life Online

Across the programme, there are 8 sessions within Module 2 Unit 3, Life Online - two sessions per Key Stage.

**We intend to revisit the Life Online unit across all Key Stages,** which will involve updated teaching outcomes and activities, as well as significant content and creative development. The guidance offers a lot of new and expanded directives under the remit of Online Safety and Awareness, and also Wellbeing Online, and it is these that will inform our approach and decision making.

Throughout their time in primary school, this updated session content will prepare children to navigate some of the pressures they will come across in the ever developing online world, which as the guidance states is now ‘an integral part of life.’



### UKS2, Module 1: Delving Deeper

In Module 1 of UKS2, 'Delving Deeper' is a presenter led series of videos which unpack the themes in each episode of 'Paradise Street', our original live action drama series which follows the story of four friends — Finn, Leyla, Marcus and Siobhan — who have different personal and social experiences related to growing up and puberty.

**'Paradise Street' is not changing, but we will be recreating 'Delving Deeper'.**

Through reviewing and updating these videos, we will absorb some of the nuances and emphases from the new guidance, for example, updated information on period products for girls. It will also allow us to further express the beauty of the human life cycle (and puberty within that) as part of God's amazing plan for humanity.

**We do not anticipate that any Key Decisions will be impacted as part of this change.**

### Further Creative Redevelopment

Over the longer term, we are intending to redevelop a number of key videos, including but not limited to *Super Susie* (KS1), *Dr Datfa* (all Key Stages), and *AJ Presents* (LKS2). These changes are not related to the statutory guidelines, but are part of a longer-term plan to reflect our commitment to creative excellence. These changes will not impact the surrounding sessions or the core *Life to the Full* programme structure.

**Only work that is directly impacted by the changes to the statutory guidelines will be completed before September 2026, but whilst sharing about programme updates, we wanted to share this aspect of our longer-term plan.**

## What is the new content?

Alongside these small tweaks and bigger changes, we will also be creating **new content** where the updated RSHE guidance introduces material not currently covered in full. This will involve some structural changes to the curriculum programme.

We know curriculum time is tight in schools, and so we have been mindful about the amount of new content to be introduced. Therefore, alongside **three new sessions**, we have also decided to introduce a new content format to the core *Life to the Full* programme: **Classroom Shorts**, as previously exclusively featured in *Life to the Full Plus*. These new short films and follow-on discussion questions will offer an easy, flexible way to integrate some of the new content into school timetables.

We will provide full mapping in a later update, but please see below the following high-level overview of what new content will be developed, alongside the updated RSHE guidelines that it aims to fulfil.

| EYFS                     |                        |                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                   |
|--------------------------|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Module                   | Unit                   | New Content                                                                                                                                                                                                                                                                                                                              | RSHE Curriculum reference*                                                                                                                                                                                                                                                                                                        |
| Created and Loved by God | Me, My Body, My Health | New Classroom Short:<br>Do you know... how to talk about your body and your health?<br>The first in a series of three Classroom Shorts throughout primary school, offering ways to talk about physical health and fitness, and signposting to appropriate support avenues. <i>(NB: Some content will be repeated across this series)</i> | GW 2: The importance of promoting general wellbeing and physical health.<br><br>PHF 4: How and when to seek support including which adults to speak to in school if they are worried about their health.<br><br>HPP 1: How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. |
| Created to Love Others   | Personal Relationships | New Classroom Short:<br>Do you know... how to ask for help?<br>The first in a series of four Classroom Shorts throughout primary school, offering signposting to appropriate emotional and safeguarding support. <i>(NB: Some content will be repeated across this series)</i>                                                           | GW 9: Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)                                          |
| Created and Loved by God | Me, My Body, My Health | New Classroom Short:<br>Do you know... how to brush your teeth?<br>The first in a series of two Classroom Shorts that will teach children about                                                                                                                                                                                          | HPP 4: About dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste, cleaning between teeth, and regular checkups at the dentist.                                                                                                                                     |

|                          |                        | the importance of good oral hygiene, including how to brush your teeth and the importance of visiting the dentist.                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                           |
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| <b>Key Stage 1</b>       |                        |                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Module</b>            | <b>Unit</b>            | <b>New Content</b>                                                                                                                                                                                                                                                                                                                        | <b>RSHE Curriculum reference*</b>                                                                                                                                                                                                                                                                                                                                                                         |
| Created and Loved by God | Me, My Body, My Health | New Classroom Short:<br>Do you know... about healthy eating?<br>This Short will teach children about the importance of a healthy diet, what makes a healthy or unhealthy diet and the risks that come with it.                                                                                                                            | HE 1: What constitutes a healthy diet (including understanding calories and other nutritional content).<br><br>HE 3: The principles of planning and preparing a range of healthy meals.<br><br>HE 4: The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). |
| Created and Loved by God | Me, My Body, My Health | New Classroom Short:<br>Do you know... how to talk about your body and your health?<br>The second in a series of three Classroom Shorts throughout primary school, offering ways to talk about physical health and fitness, and signposting to appropriate support avenues. <i>(NB: Some content will be repeated across this series)</i> | GW 2: The importance of promoting general wellbeing and physical health.<br><br>PHF 4: How and when to seek support including which adults to speak to in school if they are worried about their health.<br><br>HPP 1: How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.                                                                         |
| Created to Love Others   | Personal Relationships | New Classroom Short:<br>Do you know... how to ask for help?                                                                                                                                                                                                                                                                               | GW 9: Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are                                                                                                                                                                                                                                                    |

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|                          |                        | The second in a series of four Classroom Shorts throughout primary school, offering signposting to appropriate emotional and safeguarding support. <i>(NB: Some content will be repeated across this series)</i>               | worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).                                                                                                                                                                                                                   |
| Created and Loved by God | Me, My Body, My Health | New Classroom Short:<br>Do you know... about the sun?<br>This Short will teach children about how to keep themselves safe in the sun, and the risks associated with it.                                                        | HPP 2: About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.                                                                                                                                                                                                                                   |
| Created and Loved by God | Me, My Body, My Health | New Classroom Short:<br>Do you know... how to be clean?<br>The first in a series of two Classroom Shorts will teach children about the importance of personal hygiene, including how germs are spread and how to prevent them. | HPP 5: About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.                                                                                                                                                                                                             |
| Created and Loved by God | Me, My Body, My Health | New Classroom Short:<br>Do you know... about exercise?<br>This Short will teach children about the benefits of, and how to build an active lifestyle.                                                                          | PHF 1: The characteristics and mental and physical benefits of an active lifestyle.<br><br>PHF 2: The importance of building regular physical activity into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, moderate and/or vigorous physical activity. |

| Lower Key Stage Two      |                        |                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| Module                   | Unit                   | New Content                                                                                                                                                                                                              | RSHE Curriculum reference*                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Created to Love Others   | Personal Relationships | New Session:<br>Balancing Needs<br>This session will help pupils understand how to balance their own needs with the needs of others — and why this can sometimes be challenging.                                         | RKR 1: How to pay attention to the needs and preferences of others, including in families and friendships. Pupils should be encouraged to discuss how we balance the needs and wishes of different people in relationships and why this can be complicated.<br><br>RKR 3: How to communicate effectively and manage conflict with kindness and respect; how to be assertive and express needs and boundaries; how to manage feelings, including disappointment and frustration. |
| Created and Loved by God | Me, My Body, My Health | New Classroom Short:<br>Do you know... about food 'needs' and 'wants'?<br>This Short will explore the difference between food needs and wants, and support pupils to develop a healthy, balanced relationship with food. | HE 2: Understanding the importance of a healthy relationship with food.                                                                                                                                                                                                                                                                                                                                                                                                         |
| Created and Loved by God | Emotional Wellbeing    | New Classroom Short:<br>Loneliness<br>This Short will address loneliness, help pupils recognise that feeling lonely is common, and encourage them to talk to trusted adults when they need support.                      | CF 3: That not every child will have the friends they would like at all times, that most people feel lonely sometimes, and that there is no shame in feeling lonely or talking about it.                                                                                                                                                                                                                                                                                        |

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| Created and Loved by God | Me, My Body, My Health | New Classroom Short:<br>Do you know... how to talk about your body and your health?<br>The third in a series of three Classroom Shorts throughout primary school, offering ways to talk about physical health and fitness, and signposting to appropriate support avenues. <i>(NB: Some content will be repeated across this series)</i> | GW 2: The importance of promoting general wellbeing and physical health.<br><br>PHF 4: How and when to seek support including which adults to speak to in school if they are worried about their health.<br><br>HPP 1: How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. |
| Created to Love Others   | Personal Relationships | New Classroom Short:<br>Do you know... how to ask for help?<br>The third in a series of four Classroom Shorts throughout primary school, offering signposting to appropriate emotional and safeguarding support. <i>(NB: Some content will be repeated across this series)</i>                                                           | GW 9: Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).                                         |
| Created to Love Others   | Keeping Safe           | New Session:<br>Recognising Risk<br>This session will use roleplay to help children understand the importance of recognising and reducing risks to do with roads, railways, water and fire. Children will learn the relevant safety rules for each of these, as well as the importance of acting                                         | PS 1: About hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks.<br><br>PS 2: How to recognise risk and keep safe around roads, railways, including level crossings, and water, including the water safety code.                                                                          |

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|                          |                        | responsibly to ensure the safety of themselves and others.                                                                                                                                                                                                                                   |                                                                                                                                                                                               |
| Created to Love Others   | Keeping Safe           | <p>New Classroom Short:<br/>Out and About: Fire<br/>This Short will help pupils recognise common fire risks in everyday settings and understand simple steps they can take to reduce risk and stay safe.</p> <p>NB. This classroom short is part of the Life to the Full Plus programme.</p> | PS 1: About hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks.                                                                                      |
| Created and Loved by God | Me, My Body, My Health | <p>New Classroom Short:<br/>Do you know... about dental hygiene?<br/>The second in a series of two Classroom Shorts that will teach children about the importance of good oral hygiene, including how to brush your teeth and the importance of visiting the dentist.</p>                    | HPP 4: About dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste, cleaning between teeth, and regular checkups at the dentist. |
| Created and Loved by God | Me, My Body, My Health | <p>New Classroom Short:<br/>Do you know ... about germs?<br/>The second in a series of two Classroom Shorts will teach children about the importance of personal hygiene, including how germs are spread and how to prevent them.</p>                                                        | HPP 5: About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.                                                      |

| Created and Loved by God   | Me, My Body, My Health | New Classroom Short:<br>Do you know ... how exercise impacts your body?<br>This Short will teach children about the benefits of, and how to build an active lifestyle, as well as the risks associated with inactivity.                                                        | PHF 2: The importance of building regular physical activity into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, moderate and/or vigorous physical activity.<br><br>PHF 3: The risks associated with an inactive lifestyle, including obesity. |
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| <b>Upper Key Stage Two</b> |                        |                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                             |
| Module                     | Unit                   | New Content                                                                                                                                                                                                                                                                    | RSHE Curriculum reference                                                                                                                                                                                                                                                                                                                   |
| Created to Love Others     | Personal Relationships | New Session:<br>Confidence vs Control<br>This session will help pupils understand the difference between being confident and being controlling in relationships, and the importance of respecting our own and others' needs and boundaries.                                    | RKR 4: Pupils should have opportunities to discuss the difference between being assertive and being controlling, and conversely the difference between being kind to other people and neglecting your own needs.                                                                                                                            |
| Created to Love Others     | Personal Relationships | New Classroom Short:<br>Do you know... how to ask for help?<br>The final in a series of four Classroom Shorts throughout primary school, offering signposting to appropriate emotional and safeguarding support. <i>(NB: Some content will be repeated across this series)</i> | GW 9: Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)                                                    |

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| Created and Loved by God | Me, My Body, My Health | New Classroom Short:<br>Do you know ... about sleep?<br>This Short will teach children about the importance of good quality sleep, and the impact of poor sleep. | HPP 3: The importance of sufficient good quality sleep for health, the amount of sleep recommended for their age, and practical steps for improving sleep, such as not using screens in the bedroom. The impact of poor sleep on weight, mood and ability to learn. |
| Created and Loved by God | Me, My Body, My Health | New Classroom Short:<br>Do you know ... about vaccinations?<br>This Short will teach children about the facts regarding vaccinations and immunisation.           | HPP 6: The facts and scientific evidence relating to vaccination and immunisation. The introduction of topics relating to vaccination and immunisation should be aligned with when vaccinations are offered to pupils.                                              |

| *KEY RSHE Guidance Term / Ten Ten Abbreviation |            |                                    |             |
|------------------------------------------------|------------|------------------------------------|-------------|
| Relationships and Sex Education                |            | Health and Wellbeing               |             |
| Families and People Who Care for Me            | <b>F</b>   | General Wellbeing                  | <b>GW</b>   |
| Caring Friendships                             | <b>CF</b>  | Wellbeing Online                   | <b>WO</b>   |
| Respectful, Kind Relationships                 | <b>RKR</b> | Physical Health and Fitness        | <b>PHF</b>  |
| Online Safety and Awareness                    | <b>OSA</b> | Healthy Eating                     | <b>HE</b>   |
| Being Safe                                     | <b>BS</b>  | Drugs, Alcohol, Tobacco and Vaping | <b>DATV</b> |
|                                                |            | Health Protection and Prevention   | <b>HPP</b>  |
|                                                |            | Personal Safety                    | <b>PS</b>   |
|                                                |            | Basic First Aid                    | <b>BFA</b>  |
|                                                |            | Developing Bodies                  | <b>DB</b>   |

## Where will the new statutory content belong?

**All statutory RSHE content will be included within the core Life to the Full programme.** This means that **Life to the Full Plus** will **not** be required to ensure RSHE statutory compliance.

Of the new content outlined in the table above, all the content in black text sits within the core **Life to the Full** programme. This new resource content, together with existing **Life to the Full** content which is undergoing various tweaks and amendments, will ensure full compliance with the new statutory requirements.

## What about Life to the Full Plus?

The 'Out and About: Fire' Classroom Short in the table above, presented in orange text, finds its home within **Life to the Full Plus**, as part of a wider 'Out and About' series. The 5 Classroom Shorts which comprise the 'Out and About' series are **not** required for RSHE statutory compliance. Instead they are non-statutory PSHE content to consolidate and expand the statutory Personal Safety content covered with the new **Life to the Full** session 'Recognising Risk'.

**Life to the Full Plus** will continue to function as a dedicated PSHE programme, rooted in our Catholic ethos. It's already used by nearly 50% of all primary schools. **Life to the Full Plus** includes a wide range of PSHE topics, including Transitions, Rights and Responsibilities, Careers and Money. We hope schools will continue to subscribe to Plus, as a programme that complements the core **Life to the Full** programme. Both offer a clear, confident and authentically Catholic approach to RSHE and PSHE.

## What will the cost implication be?

In total within **Life to the Full**, you can expect 19 new Classroom Shorts and 3 new sessions to support the updated RSHE guidance.

To reflect our significant investment in new sessions and filmed content for **Life to the Full Primary**, subscription rates will increase by approximately 5% above the normal annual increase. This is an exceptional adjustment. In most years our pricing changes are lower and guided by the wider economic context, with a return to this usual approach expected from 2027/28.

However, primary schools currently subscribing to **Life to the Full Plus** will be excluded from this exceptional increase.

## What can you expect next?

We are in full production mode, and the new Programme Overview is available on the updates portal. New resource content and supporting material will be uploaded incrementally over the coming weeks. Schools will be kept fully informed as and when new content becomes available.