

Qualification Factsheet

Qualification overview

Qualification title and Qualification number (QN)	NCFE CACHE Level 1 Award in Relationships, Sex and Health Education (RSHE) (610/7958/3) NCFE CACHE Level 2 Award in Relationships, Sex and Health Education (RSHE) (610/7959/5) NCFE CACHE Level 2 Certificate in Relationships, Sex and Health Education (RSHE) (610/7960/1)		
Total qualification time (TQT)	Level 1 Award: 80 Level 2 Award: 108 Level 2 Certificate: 188	Guided learning hours (GLH)	Level 1 Award: 72 Level 2 Award: 96 Level 2 Certificate: 168
Entry requirements	This qualification is designed to support secondary schools to meet the statutory requirement to deliver Relationships Sex and Health Education (RSHE). It covers all age-appropriate criteria as set out by the Department for Education (DfE). Registration is at the discretion of the centre in accordance with equality legislation and should be made on the NCFE Portal. There is no specific prior skills/knowledge a learner must have for these qualifications. Centres are responsible for ensuring that all learners are capable of achieving the units and learning outcomes (LOs) and complying with the relevant literacy, numeracy, and health and safety requirements. Learners registered on these qualifications should not undertake another qualification at the same level, or with the same/a similar title, as duplication of learning may affect funding eligibility.		

About these qualifications

This qualification is designed to support secondary schools to meet the statutory requirement to deliver Relationships Sex and Health Education (RSHE). It covers all age-appropriate criteria as set out by the Department for Education (DfE). for pupils in Year 7 – Year 11.

Qualification structure

To be awarded the Level 1 Award in Relationships, Sex and Health Education (RSHE) qualification, learners are required to successfully complete Unit 01 and Unit 02

To be awarded the Level 2 Award in Relationships, Sex and Health Education (RSHE) qualification, learners are required to successfully complete Unit 03, Unit 04 and Unit 05.

To be awarded the Level 2 Certificate in Relationships, Sex and Health Education (RSHE) qualification, learners are required to successfully complete Unit 01, Unit 02, Unit 03, Unit 04 and Unit 05.

To achieve this qualification, learners must successfully demonstrate their achievement of all learning outcomes of the units as detailed in the Qualification Specification.

A partial certificate may be requested for learners who do not achieve their full qualification but have achieved at least one whole unit.

Mandatory units: Level 1 Award

Unit 01 (F/652/3751) Relationships, Sex and Health Education (RSHE) (Year 7)
Unit 02 (H/652/3752) Relationships, Sex and Health Education (RSHE) (Year 8)

Mandatory units: Level 2 Award

Unit 03 (K/652/3754) Relationships, Sex and Health Education (RSHE) (Year 9)
Unit 04 (L/652/3755) Relationships, Sex and Health Education (RSHE) (Year 10)
Unit 05 (M/652/3756) Relationships, Sex and Health Education (RSHE) (Year 11)

Mandatory units: Level 2 Certificate

Unit 01 (F/652/3751) Relationships, Sex and Health Education (RSHE) (Year 7)
Unit 02 (H/652/3752) Relationships, Sex and Health Education (RSHE) (Year 8)
Unit 03 (K/652/3754) Relationships, Sex and Health Education (RSHE) (Year 9)
Unit 04 (L/652/3755) Relationships, Sex and Health Education (RSHE) (Year 10)
Unit 05 (M/652/3756) Relationships, Sex and Health Education (RSHE) (Year 11)

Assessment

All of the qualifications are 100% internally assessed. The assessment consists of one component:

- an internally assessed portfolio of evidence which is assessed and internally quality assured by centre staff and externally quality assured by NCFE.

A workbook is available on our website for learners to use to populate with evidence.

The workbook can be altered to meet your specific needs, or you can create your own portfolio and assessment methods. If you choose to develop your own assessment methods, you should check with your External Quality Assurer to ensure they are acceptable. Any materials and assessment activities should also be age-appropriate and sensitive to the needs, experiences, and circumstances of the learners involved.

Progression opportunities

Learners who achieve these qualifications could progress to the following:

- employment:
 - employment and/or an apprenticeship in the health and social care sector
- further education:
 - T Level in Health

Learners who have completed the Level 1 Award in Relationships, Sex and Health Education (RSHE) could progress to:

- Level 2 Award in Relationships, Sex and Health Education (RSHE)
- Level 2 Certificate in Relationships, Sex and Health Education (RSHE)

Contact us

NCFE
Q6
Quorum Park
Benton Lane
Newcastle upon Tyne
NE12 8BT

Tel: 0191 239 8000*
Fax: 0191 239 8001
Email: customersupport@ncfe.org.uk
Website: www.ncfe.org.uk

NCFE © Copyright 2026 All rights reserved worldwide.

DRAFT September 2026

Information in this Qualification Factsheet is correct at the time of publishing but may be subject to change.

NCFE is a registered charity (Registered Charity No. 1034808) and a company limited by guarantee (Company No. 2896700).

CACHE; Council for Awards in Care, Health and Education; and NNEB are registered trademarks owned by NCFE.

All the material in this publication is protected by copyright.

**** To continue to improve our levels of customer service, telephone calls may be recorded for training and quality purposes.***