



## RSE & PSHE Curriculum Overview

Term	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	<p><b><u>Me and my relationships</u></b>            What makes me special            People close to me            Getting help</p>	<p><b><u>Me and my relationships</u></b>            What makes me special            People close to me            Getting help</p>	<p><b><u>Me and my relationships</u></b>            Feelings            Getting help            Classroom rules            Special people            Being a good friend</p>	<p><b><u>Me and my relationships</u></b>            Bullying and teasing            Our school rules about bullying            Being a good friend            Feelings/self-regulation</p>	<p><b><u>Me and my relationships</u></b>            Rules and their purpose            Cooperation            Friendship (including respectful relationships)            Coping with loss</p>	<p><b><u>Me and my relationships</u></b>            Healthy relationships            Listening to feelings            Bullying            Assertive skills</p>	<p><b><u>Me and my relationships</u></b>            Feelings            Friendship skills, including compromise            Assertive skills            Cooperation            Recognising emotional needs</p>	<p><b><u>Me and my relationships</u></b>            Assertiveness            Cooperation            Safe/unsafe touches            Positive relationships</p>
Autumn 2	<p><b><u>Valuing Difference</u></b>            Similarities and difference            Celebrating difference            Showing kindness</p>	<p><b><u>Valuing Difference</u></b>            Similarities and difference            Celebrating difference            Showing kindness</p>	<p><b><u>Valuing Difference</u></b>            Recognising, valuing and celebrating difference            Developing respect and accepting others            Bullying and getting help</p>	<p><b><u>Valuing Difference</u></b>            Being kind and helping others            Celebrating difference            People who help us            Listening Skills</p>	<p><b><u>Valuing Difference</u></b>            Recognising and respecting diversity            Being respectful and tolerant            My community</p>	<p><b><u>Valuing Difference</u></b>            Recognising and celebrating difference (including religions and cultural difference)            Understanding and challenging stereotypes</p>	<p><b><u>Valuing Difference</u></b>            Recognising and celebrating difference, including religions and cultural            Influence and pressure of social media</p>	<p><b><u>Valuing Difference</u></b>            Recognising and celebrating difference            Recognising and reflecting on prejudice-based bullying            Understanding Bystander behaviour            Gender stereotyping</p>
Spring 1	<p><b><u>Keeping myself safe</u></b>            Keeping my body safe            Safe secrets and touches            People who help to keep us safe</p>	<p><b><u>Keeping myself safe</u></b>            Keeping my body safe            Safe secrets and touches            People who help to keep us safe</p>	<p><b><u>Keeping myself safe</u></b>            How our feelings can keep us safe – including online safety            Safe and unsafe touches            Medicine Safety            Sleep</p>	<p><b><u>Keeping myself safe</u></b>            Safe and unsafe secrets            Appropriate touch            Medicine safety</p>	<p><b><u>Keeping myself safe</u></b>            Managing risk            Decision-making skills            Drugs and their risks            Staying safe online</p>	<p><b><u>Keeping myself safe</u></b>            Managing risk            Understanding the norms of drug use (cigarette and alcohol use)            Influences            Online safety</p>	<p><b><u>Keeping myself safe</u></b>            Managing risk, including online safety            Norms around use of legal drugs (tobacco, alcohol)            Decision-making skills</p>	<p><b><u>Keeping myself safe</u></b>            Understanding emotional needs            Staying safe online            Drugs: norms and risks (including the law)</p>



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Spring 2	<p><b><u>Rights &amp; Respect</u></b> Looking after things: friends, environment, money</p>	<p><b><u>Rights &amp; Respect</u></b> Looking after things: friends, environment, money</p>	<p><b><u>Rights &amp; Respect</u></b> Taking care of things: Myself My money My environment</p>	<p><b><u>Rights &amp; Respect</u></b> Cooperation Self-regulation Online safety Looking after money – saving and spending</p>	<p><b><u>Rights &amp; Respect</u></b> Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money</p>	<p><b><u>Rights &amp; Respect</u></b> Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money</p>	<p><b><u>Rights &amp; Respect</u></b> Rights and responsibilities relating to my health Making a difference Decisions about lending, borrowing and spending</p>	<p><b><u>Rights &amp; Respect</u></b> Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy</p>
Summer 1	<p><b><u>Being my best</u></b> Keeping my body healthy – food, exercise, sleep Growth Mindset</p>	<p><b><u>Being my best</u></b> Keeping my body healthy – food, exercise, sleep Growth Mindset</p>	<p><b><u>Being my best</u></b> Growth Mindset Healthy eating Hygiene and health Cooperation</p>	<p><b><u>Being my best</u></b> Growth Mindset Looking after my body Hygiene and health Exercise and sleep</p>	<p><b><u>Being my best</u></b> Keeping myself healthy and well Celebrating and developing my skills Developing empathy</p>	<p><b><u>Being my best</u></b> Having choices and making decisions about my health Taking care of my environment My skills and interests</p>	<p><b><u>Being my best</u></b> Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community</p>	<p><b><u>Being my best</u></b> Aspirations and goal setting Managing risk Looking after my mental health</p>
Summer 2	<p><b><u>Growing &amp; Changing</u></b> Life stages</p>	<p><b><u>Growing &amp; Changing</u></b> Cycles Life stages</p>	<p><b><u>Growing &amp; Changing</u></b> Getting help Becoming independent My body parts Taking care of self and others</p>	<p><b><u>Growing &amp; Changing</u></b> Life cycles Dealing with loss Being supportive Growing and changing Privacy</p>	<p><b><u>Growing &amp; Changing</u></b> Relationships Keeping safe Safe and unsafe secrets</p>	<p><b><u>Growing &amp; Changing</u></b> Changing bodies and puberty Y3 topic Body changes during puberty Managing difficult feelings Relationships including marriage</p>	<p><b><u>Growing &amp; Changing</u></b> Managing difficult feelings Managing change How my feelings help keeping safe Getting help</p>	<p><b><u>Growing &amp; Changing</u></b> Coping with changes Keeping safe Body Image Sex education Self-esteem  Additional: Grassing or Grooming unit</p>