

## **RSE & PSHE Overview**

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Family and relationships	<ul> <li>Introduction to RSE</li> <li>What is family?</li> <li>What are friendships?</li> <li>Family and friends help and support each other</li> <li>Making friends</li> <li>Friendship problems</li> <li>Healthy Friendships</li> </ul>	<ul> <li>Introduction to RSE</li> <li>Families offer stability and love</li> <li>Families are all different</li> <li>Managing friendships</li> <li>Unhappy friendships</li> <li>Valuing me</li> <li>Manners &amp; courtesy</li> <li>Loss and change</li> </ul>	<ul> <li>Introduction to RSE</li> <li>Healthy families</li> <li>Friendships - conflict</li> <li>Effective communication</li> <li>Learning who to trust</li> <li>Respecting differences</li> <li>Stereotyping</li> </ul>	<ul> <li>Introduction to RSE</li> <li>Respect &amp; manners</li> <li>Healthy friendships</li> <li>My behaviour</li> <li>Bullying</li> <li>Stereotypes</li> <li>Families in the wider world</li> <li>Loss and change</li> </ul>	<ul> <li>Introduction to RSE</li> <li>Build a friend</li> <li>Resolving conflict</li> <li>Respecting myself</li> <li>Family life</li> <li>Bullying</li> </ul>	Introduction to RSE Respect Developing respectful relationships Stereotypes Bullying Being me Loss and change
Safety and the changing body	<ul> <li>Getting lost</li> <li>Making a call to the emergency services</li> <li>Asking for help</li> <li>Appropriate contact</li> <li>Medication</li> <li>Safety at home</li> <li>People who help to keep us safe</li> </ul>	<ul> <li>The Internet</li> <li>Communicating online</li> <li>Secrets and surprises</li> <li>Appropriate contact</li> <li>Road safety</li> <li>Drug education</li> </ul>	<ul> <li>Basic first aid</li> <li>Communicating safely online</li> <li>Online safety</li> <li>Fake emails</li> <li>Drugs, alcohol &amp; tobacco</li> <li>Keeping safe out and about</li> </ul>	<ul> <li>Online restrictions</li> <li>Share aware</li> <li>Basic first aid</li> <li>Privacy and secrecy</li> <li>Consuming information online</li> <li>The changing adolescent body (puberty)</li> </ul>	<ul> <li>Online friendships</li> <li>Identifying online dangers</li> <li>The changing adolescent body (puberty, including menstruation)</li> <li>First aid</li> <li>Drug education</li> </ul>	<ul> <li>Drugs alcohol &amp; tobacco</li> <li>First aid</li> <li>Critical digital consumers</li> <li>Social media</li> <li>The changing adolescent body (puberty, conception, birth)</li> </ul>
Health and wellbeing	<ul> <li>Wonderful me</li> <li>What am I like?</li> <li>Ready for bed</li> <li>Relaxation</li> <li>Hand washing &amp; personal hygiene</li> <li>Sun safety</li> <li>Allergies</li> <li>People who help us stay healthy</li> </ul>	<ul> <li>Experiencing different emotions</li> <li>Being active</li> <li>Relaxation</li> <li>Steps to success</li> <li>Growth mindset</li> <li>Healthy diet</li> <li>Dental health</li> </ul>	<ul> <li>My healthy diary</li> <li>Relaxation</li> <li>Who am I?</li> <li>My superpowers</li> <li>Breaking down barriers</li> <li>Dental health</li> </ul>	<ul> <li>Diet and dental health</li> <li>Visualisation</li> <li>Celebrating mistakes</li> <li>My role</li> <li>My happiness</li> <li>Emotions</li> <li>Mental health</li> </ul>	<ul> <li>Relaxation</li> <li>The importance of rest</li> <li>Embracing failure</li> <li>Going for goals</li> <li>Taking responsibility for my feelings</li> <li>Healthy meals</li> <li>Sun safety</li> </ul>	What can I be?     Mindfulness     Taking responsibility for my health     Resilience toolkit     Immunisation     Health concerns     Creating habits     The effects of technology on health



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	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Citizenship	Responsibility  Rules  Caring for others: Animals  The needs of others  Community  Similar, yet different Belonging  Democracy  Democratic decisions	Responsibility  Rules beyond school  Our school environment  Our local environment  Community  Job roles in our local community  Similar yet different: My local community  Democracy  School Council  Giving my opinion	Responsibility  Rights of the child Rights and responsibilities Recycling Community Local community groups Charity  Democracy Rules	Responsibility  • What are human rights?  • Caring for the environment  Community  • Community groups  • Contributing  • Diverse communities  Democracy  • Local councillors	Responsibility  • Breaking the law  • Rights and responsibilities  • Protecting the planet  Community  • Contributing to the community  • Pressure groups  Democracy  • Parliament	Responsibility  · Human rights  · Food choices and the environment  · Caring for others  Community  · Prejudice and discrimination  · Valuing diversity  Democracy  · National democracy
Economic wellbeing	Money Introduction to money Looking after money Banks and building societies Saving and spending Career and aspirations Jobs in school	Money	Money	Money     Spending choices/value for money     Keeping track of money     Looking after money  Career and aspirations     Influences on career choices     Jobs for me	Money	Money
Transition	1 lesson	1 lesson	1 lesson	1 lesson	1 lesson	1 lesson
Identity						<ul><li>What is identity</li><li>Identity and body image</li></ul>