

PSHE / RSE Curriculum Overview

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and wellbeing Autumn Term	As outlined in Development Matters children in the Early Years Foundation Stage learn through the following areas: • Personal, Social, and Emotional Development - Making	Introduction to RSE Wonderful me What am I like? Ready for bed Relaxation Hand washing & personal hygiene Sun safety Allergies People who help us stay healthy	Introduction to RSE Experiencing different emotions Being active Relaxation Steps to success Growth mindset Healthy diet Dental health	Introduction to RSE My healthy diary Relaxation Who am I? My superpowers Breaking down barriers Dental health	Introduction to RSE Relaxation The importance of rest Embracing failure Going for goals Taking responsibility for my feelings Healthy meals Sun safety	Introduction to RSE Relaxation The importance of rest Embracing failure Going for goals Taking responsibility for my feelings Healthy meals Sun safety	Introduction to RSE What can I be? Mindfulness Taking responsibility for my health Resilience toolkit Immunisation Physical health concerns Habits – positive and negative
Family and relationships Spring Term	relationships - Self-confidence and self-awareness - Managing feelings and behaviour - Physical Development	 What is family? What are friendships? Family and friends help and support each other Making friends Friendship problems Healthy Friendships 	Families offer stability and love Families are all different Managing friendships Unhappy friendships Valuing me Manners & courtesy Loss and change	Healthy families Friendships - conflict Effective communication Learning who to trust Respecting differences Stereotyping	Respect & manners Healthy friendships My behaviour Bullying Stereotypes Families in the wider world Loss and change	 Build a friend Resolving conflict Respecting myself Family life Bullying 	Respect Developing respectful relationships Stereotypes Bullying Being me Loss and change
Safety and the changing body Summer Term	 Health and self-care Understanding the world People and communities The world Technology 	Getting lost Making a call to the emergency services Asking for help Appropriate contact Medication Safety at home People who help to keep us safe	 The Internet Communicating online Secrets and surprises Appropriate contact Road safety Drug education 	 Basic first aid Communicating safely online Online safety Fake emails Drugs, alcohol & tobacco Keeping safe out and about 	 Online restrictions Share aware Basic first aid Privacy and secrecy Consuming information online The changing a dolescent body (puberty) 	 Online friendships Identifying online dangers The changing adolescent body (puberty, including menstruation) First aid Drug education 	Drugs alcohol & tobacco First aid Critical digital consumers Social media The changing adolescent body (puberty, conception*, birth*) *Sex education
Citizenship		Responsibility Community Democracy	Responsibility Community Democracy	ResponsibilityCommunityDemocracy	ResponsibilityCommunityDemocracy	ResponsibilityCommunityDemocracy	ResponsibilityCommunityDemocracy
Economic wellbeing		 Money Career and aspirations	Money Career and aspirations	 Money Career and aspirations	Money Career and aspirations	 Money Career and aspirations	 Money Career and aspirations
Transition		1 lesson	1 lesson	1 lesson	1 lesson	1 lesson	1 lesson