



Curriculum Overview – PSHE (inc. RSE)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
→ KS1 & KS2	Family and relationships	Citizenship	Health and wellbeing	Safety and the changing body	Economic wellbeing	School Transitions/ Identity
R (ELG's)	ELG: Self-regulation Self-regulation: My feelings	ELG: Self-regulation Self-regulation: Listening and following instructions	ELG: Managing self Managing self: Taking on challenges	ELG: Building relationships Building relationships: Special relationships	ELG: Building relationships Building relationships: My family and friends	ELG: Managing self Managing self: My wellbeing
1	<ul style="list-style-type: none"> Introduction to RSE What is family? What are friendships? Family and friends help and support each other Making friends Friendship problems Healthy Friendships 	Responsibility <ul style="list-style-type: none"> Rules Caring for others: Animals The needs of others Community <ul style="list-style-type: none"> Similar, yet different Belonging Democracy <ul style="list-style-type: none"> Democratic decisions 	<ul style="list-style-type: none"> Wonderful me What am I like? Ready for bed Relaxation Hand washing & personal hygiene Sun safety Allergies People who help us stay healthy 	<ul style="list-style-type: none"> 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 	Money <ul style="list-style-type: none"> Introduction to money Looking after money Banks and building societies Saving and spending Career and aspirations <ul style="list-style-type: none"> Jobs in school 	Transition Days <ul style="list-style-type: none"> Moving to my next year group Meeting my new teacher What is the same? What is different? All about me
2	<ul style="list-style-type: none"> Introduction to RSE Families offer stability and love Families are all different Managing friendships Unhappy friendships Valuing me Manners & courtesy Loss and change 	Responsibility <ul style="list-style-type: none"> Rules beyond school Our school environment Our local environment Community <ul style="list-style-type: none"> Job roles in our local community Similar yet different: My local community Democracy <ul style="list-style-type: none"> School Council Giving my opinion 	<ul style="list-style-type: none"> Experiencing different emotions Being active Relaxation Steps to success Growth mindset Healthy diet Dental health 	<ul style="list-style-type: none"> The Internet Communicating online Secrets and surprises Appropriate contact Road safety Drug education 	Money <ul style="list-style-type: none"> Where money comes from Needs and wants Wants and needs Looking after money Career and aspirations <ul style="list-style-type: none"> Jobs 	Transition Days <ul style="list-style-type: none"> Moving to my next year group Meeting my new teacher What is the same? What is different? All about me
3	<ul style="list-style-type: none"> Introduction to RSE Healthy families Friendships - conflict Effective communication Learning who to trust Respecting differences Stereotyping 	Responsibility <ul style="list-style-type: none"> Rights of the child Rights and responsibilities Recycling Community <ul style="list-style-type: none"> Local community groups Charity Democracy <ul style="list-style-type: none"> Local democracy Rules 	<ul style="list-style-type: none"> My healthy diary Relaxation Who am I? My superpowers Breaking down barriers Dental health 	<ul style="list-style-type: none"> Basic first aid Communicating safely online Online safety Fake emails Drugs, alcohol & tobacco Keeping safe out and about 	Money <ul style="list-style-type: none"> Ways of paying Budgeting How spending affects others Impact of spending Career and aspirations <ul style="list-style-type: none"> Jobs and careers Gender and careers 	Transition Days <ul style="list-style-type: none"> Moving to my next year group Meeting my new teacher What is the same? What is different? All about me
4	<ul style="list-style-type: none"> Introduction to RSE Respect & manners Healthy friendships My behaviour Bullying Stereotypes Families in the wider world Loss and change 	Responsibility <ul style="list-style-type: none"> What are human rights? Caring for the environment Community <ul style="list-style-type: none"> Community groups Contributing Diverse communities Democracy <ul style="list-style-type: none"> Local councillors 	<ul style="list-style-type: none"> Diet and dental health Visualisation Celebrating mistakes My role My happiness Emotions Mental health 	<ul style="list-style-type: none"> Online restrictions Share aware Basic first aid Privacy and secrecy Consuming information online The changing adolescent body (puberty) 	Money <ul style="list-style-type: none"> Spending choices/ value for money Keeping track of money Looking after money Career and aspirations <ul style="list-style-type: none"> Influences on career choices Jobs for me 	Transition Days <ul style="list-style-type: none"> Moving to my next year group Meeting my new teacher What is the same? What is different? All about me



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<p>5</p>	<ul style="list-style-type: none"> • Introduction to RSE • Build a friend • Resolving conflict • Respecting myself • Family life • Bullying 	<p>Responsibility</p> <ul style="list-style-type: none"> • Breaking the law • Rights and responsibilities • Protecting the planet <p>Community</p> <ul style="list-style-type: none"> • Contributing to the community • Pressure groups <p>Democracy</p> <ul style="list-style-type: none"> • Parliament 	<ul style="list-style-type: none"> • Relaxation • The importance of rest • Embracing failure • Going for goals • Taking responsibility for my feelings • Healthy meals • Sun safety 	<ul style="list-style-type: none"> • Online friendships • Identifying online dangers • The changing adolescent body (puberty, including menstruation) • First aid • Drug education 	<p>Money</p> <ul style="list-style-type: none"> • Borrowing • Income and expenditure • Risks with money • Prioritising spending <p>Career and aspirations</p> <ul style="list-style-type: none"> • Stereotypes in the workplace 	<p>Transition Days</p> <ul style="list-style-type: none"> • Moving to my next year group • Meeting my new teacher • What is the same? • What is different? • All about me
<p>6</p>	<ul style="list-style-type: none"> • Introduction to RSE • Respect • Developing respectful relationships • Stereotypes • Bullying • Being me • Loss and change 	<p>Responsibility</p> <ul style="list-style-type: none"> • Human rights • Food choices and the environment • Caring for others <p>Community</p> <ul style="list-style-type: none"> • Prejudice and discrimination • Valuing diversity <p>Democracy</p> <ul style="list-style-type: none"> • National democracy 	<ul style="list-style-type: none"> • What can I be? • Mindfulness • Taking responsibility for my health • Resilience toolkit • Immunisation • Health concerns • Creating habits • The effects of technology on health 	<ul style="list-style-type: none"> • Drugs alcohol & tobacco • First aid • Critical digital consumers • Social media • The changing adolescent body (puberty, conception, birth) 	<p>Money</p> <ul style="list-style-type: none"> • Attitudes to money • Keeping money safe • Gambling <p>Career and aspirations</p> <ul style="list-style-type: none"> • What jobs are available • Career routes 	<p>Transition Days</p> <ul style="list-style-type: none"> • Moving to my new school • Visiting my new school • What is the same? • What is different? • All about me • Revisit units from across the year

Summer 2 – Transition activities for all year groups. Y6-specific transitions re secondary school/ revisit units from across the year.