



RSE & PSHE Curriculum Overview

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



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