

RHE and PSHE Curriculum Overview

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Family and relationships	<ul style="list-style-type: none"> • What is family? • What are friendships? • Family and friends help and support each other • Making friends • Friendship problems • Healthy Friendships 	<ul style="list-style-type: none"> • Families offer stability and love • Families are all different • Managing friendships • Unhappy friendships • Valuing me • Manners & courtesy • Loss and change 	<ul style="list-style-type: none"> • Healthy families • Friendships – conflict • Effective communication • Learning who to trust • Respecting differences • Stereotyping 	<ul style="list-style-type: none"> • Respect & manners • Healthy friendships • My behaviour • Bullying • Stereotypes • Families in the wider world • Loss and change 	<ul style="list-style-type: none"> • Build a friend • Resolving conflict • Respecting myself • Family life • Bullying 	<ul style="list-style-type: none"> • Respect • Developing respectful relationships • Stereotypes • Bullying • Being me • Loss and change
Safety and the changing body <i>Please refer to our progression of skills in Computing which identifies how and when we teach our pupils about the importance of safety on the internet.</i>	<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 <p><i>Additional Unit</i> NSPCC Pants teaching resources</p>	<ul style="list-style-type: none"> • Secrets and surprises • Appropriate contact • Road safety • Drug education <p><i>Additional Unit</i> NSPCC Pants teaching resources</p>	<ul style="list-style-type: none"> • Basic first aid • Communicating safely online • Online safety • Fake email • Drugs, alcohol & tobacco • Keeping safe out and about 	<ul style="list-style-type: none"> • Share aware • Basic first aid • Privacy and secrecy • The changing adolescent body (puberty) <p>Introducing puberty</p>	<ul style="list-style-type: none"> • The changing adolescent body (puberty, including menstruation) • First aid • Drug education 	<ul style="list-style-type: none"> • Drugs alcohol & tobacco • First aid • The changing adolescent body (puberty, conception, birth)
Mental Health & Emotional Wellbeing	<p>Autumn 1</p> <p>Lesson 1: We all have feelings PPT Lesson Resources</p> <p>Lesson 2: Good & not so good feelings PPT Lesson Resources</p> <p>Lesson 3: Big feelings PPT Lesson Resources</p>	<p>Autumn 1</p> <p>Lesson 1: We all have feelings PPT Lesson Resources</p> <p>Lesson 2: Good & not so good feelings PPT Lesson Resources</p> <p>Lesson 3: Big feelings PPT Lesson Resources</p>	<p>Autumn 1</p> <p>Lesson 1: Everyday feelings PPT Lesson Resources</p> <p>Lesson 2: Expressing feelings PPT Lesson Resources</p> <p>Lesson 3: Managing feelings PPT Lesson Resources</p>	<p>Autumn 1</p> <p>Lesson 1: Everyday feelings PPT Lesson Resources</p> <p>Lesson 2: Expressing feelings PPT Lesson Resources</p> <p>Lesson 3: Managing feelings PPT Lesson Resources</p>	<p>Autumn 1</p> <p>Lesson 1: Mental health & keeping well</p> <p>Lesson 2: Managing challenges and change Lesson resources</p> <p>see also: UKS2 Wellbeing Toolkit</p>	<p>Autumn 1</p> <p>Lesson 1: Mental health & keeping well</p> <p>Lesson 2: Managing challenges and change</p> <p>see also: UKS2 Wellbeing Toolkit</p> <p>Summer 1</p>

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						Lesson 3: Feelings and common anxieties when transiting to high school Lesson resources
Health and wellbeing	<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"> • Experiencing different emotions • Being active • Relaxation • Steps to success • Growth mindset • Healthy diet • Dental health <i>(organise dental hygienist visit)</i> 	<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"> • Diet and dental health • Visualisation • Celebrating mistakes • My role • My happiness • Emotions • Mental health 	<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"> • What can I be? • Mindfulness • Taking responsibility for my health • Resilience toolkit • Immunisation • Physical health concerns • Habits – positive and negative
Citizenship	<p>Responsibility</p> <ul style="list-style-type: none"> • Rules • Caring for others: Animals • The needs of others <p>Community</p> <ul style="list-style-type: none"> • Similar, yet different • Belonging <p>Democracy</p> <ul style="list-style-type: none"> • Democratic decisions 	<p>Responsibility</p> <ul style="list-style-type: none"> • Rules beyond school • Our school environment • Our local environment <p>Community</p> <ul style="list-style-type: none"> • Job roles in our local community <p>Democracy</p> <ul style="list-style-type: none"> • Similar yet different: My local community • School Council • Giving my opinion 	<p>Responsibility</p> <ul style="list-style-type: none"> • Rights of the child • Rights and responsibilities • Recycling <p>Community</p> <ul style="list-style-type: none"> • Local community groups • Charity <p>Democracy</p> <ul style="list-style-type: none"> • Local democracy • Rules 	<p>Responsibility</p> <ul style="list-style-type: none"> • What are human rights? • Caring for the environment <p>Community</p> <ul style="list-style-type: none"> • Community groups • Contributing • Diverse communities <p>Democracy</p> <ul style="list-style-type: none"> • Local councillors 	<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 	<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
Economic wellbeing	<p>Money</p> <ul style="list-style-type: none"> • Introduction to money • Looking after money • Banks and building societies 	<p>Money</p> <ul style="list-style-type: none"> • Where money comes from • Needs and wants • Wants and needs • Looking after money <p>Career & aspirations</p>	<p>Money</p> <ul style="list-style-type: none"> • Ways of paying • Budgeting • How spending affects others • Impact of spending <p>Career & aspirations</p>	<p>Money</p> <ul style="list-style-type: none"> • Spending choices/ value for money • Keeping track of money • Looking after money 	<p>Money</p> <ul style="list-style-type: none"> • Borrowing • Income and expenditure • Risks with money • Prioritising spending <p>Career & aspirations</p>	<p>Money</p> <ul style="list-style-type: none"> • Attitudes to money • Keeping money safe • Gambling <p>Career & aspirations</p> <ul style="list-style-type: none"> • What jobs are available

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	<ul style="list-style-type: none"> • Saving and spending Career & aspirations • Jobs in school 	<ul style="list-style-type: none"> • Jobs 	<ul style="list-style-type: none"> • Jobs and careers • Gender and careers 	Career & aspirations <ul style="list-style-type: none"> • Influences on career choices • Jobs for me 	<ul style="list-style-type: none"> • Stereotypes in the workplace 	<ul style="list-style-type: none"> • Career routes
Transition	1 Lesson	1 Lesson	1 Lesson	1 Lesson	1 Lesson	1 Lesson
Identity						<ul style="list-style-type: none"> • What is identity • Gender identity • Identity and body image