

RSE & PSHE Overview

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Family and relationships	• Introduction to RSE • What is family? • What are friendships? • Family and friends help and support each other • Making friends • Friendship problems • Healthy Friendships	• Introduction to RSE • Families offer stability and love • Families are all different • Managing friendships • Unhappy friendships • Valuing me • Manners & courtesy • Loss and change	• Introduction to RSE • Healthy families • Friendships - conflict • Effective communication • Learning who to trust • Respecting differences • Stereotyping	• Introduction to RSE • Respect & manners • Healthy friendships • My behaviour • Bullying • Stereotypes • Families in the wider world • Loss and change	• Introduction to RSE • Build a friend • Resolving conflict • Respecting myself • Family life • Bullying	• Introduction to RSE • Respect • Developing respectful relationships • Stereotypes • Bullying • Being me • Loss and change
Safety and the changing body	• 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 adolescent 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)
Health and wellbeing	• Wonderful me • What am I like? • Ready for bed • Relaxation • Hand washing & personal hygiene • Sun safety • Allergies • People who help us stay healthy	• Experiencing different emotions • Being active • Relaxation • Steps to success • Growth mindset • Healthy diet • Dental health	• My healthy diary • Relaxation • Who am I? • My superpowers • Breaking down barriers • Dental health	• Diet and dental health • Visualisation • Celebrating mistakes • My role • My happiness • Emotions • Mental health	• Relaxation • The importance of rest • Embracing failure • Going for goals • Taking responsibility for my feelings • Healthy meals • Sun safety	• 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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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 - Local 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 - Where money comes from - Needs and wants - Wants and needs - Looking after money Career and aspirations - Jobs	Money - Ways of paying - Budgeting - How spending affects others - Impact of spending Career and aspirations - Jobs and careers - Gender and careers	Money - Spending choices/ value for money - Keeping track of money - Looking after money Career and aspirations - Influences on career choices - Jobs for me	Money - Borrowing - Income and expenditure - Risks with money - Prioritising spending Career and aspirations - Stereotypes in the workplace	Money - Attitudes to money - Keeping money safe - Gambling Career and aspirations - What jobs are available - Career routes
Transition	1 lesson	1 lesson	1 lesson	1 lesson	1 lesson	1 lesson
Identity						- What is identity - Identity and body image