



RSE & PSHE Curriculum Overview

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



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