



Halsall St Cuthbert's CE Primary School

PSHE/RSHE Curriculum Overview

Early Years Foundation Stage (Reception)

Please see Reception page for more information about Personal, Social and Emotional Development in the EYFS (Self-regulation, managing self and building relationships)

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<i>Getting to know each other: Belonging in our class</i> Christian Value: Friendship This unit explores making new friends, learning names, taking turns, sharing, and understanding classroom routines. Children learn how to be kind, listen to others, and feel confident as part of their new school community. Bible Story: Jesus Welcomes the Children (Mark 10:13-16)	<i>Recognising feelings: Understanding how we feel</i> Christian Value: self-control This unit supports children to identify simple emotions such as happy, sad, angry, worried and excited. Children learn to express their feelings, seek help from trusted adults and begin to use simple strategies to feel calm. Bible Story: The Lost Sheep (Luke 15:1-7)	<i>Me and my family: People who care for me</i> Christian Value: Love This unit explores the people who are special to us and how families can be different. Children learn about belonging, caring relationships and how family members help and support one another. Superkind: SDG 10: Reduced Inequalities Everyone is special Children learn that families can look different and that	<i>Keeping safe: Safe choices every day</i> Christian Value: courage This unit introduces simple ways to stay safe at home, school and in the community. Children learn about trusted adults, following safety rules and recognising things that may be unsafe. Bible Story: The 10 Commandments – God's Special Rules	<i>Looking after our bodies: Healthy habits & Dental Health</i> Christian Value: Wisdom, Care This unit teaches children about keeping their bodies healthy through healthy food, exercise, rest, personal hygiene, handwashing and toothbrushing. Children learn why these routines are important for wellbeing. Superkind: SDG 3 Good Health and Wellbeing This unit explores what it means to be healthy and how	<i>Caring for others and our world</i> Christian Value: Respect Thankfulness, service This unit revisits friendship, feelings and kindness while encouraging children to care for living things and their environment. Children learn simple ways to help others, look after nature and show respect for the world around them. Bible Story: Creation

			everyone should be treated with kindness and respect. Children will create and share thank you cards to celebrate the people who care for them. Through this action, they will show gratitude and help others feel valued and included.		we can look after our bodies and minds. Children learn simple ways to stay healthy, recognise when someone is unwell, and understand how they can help themselves and others to feel well and happy. Children will design a poster about Teeth Brushing and share with other year groups in assembly- perform brush your teeth song.	
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Key Stage 1 PSHE						
Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	<i>Making friends: Playing and learning together</i> Christian Values: love, respect, justice British values: respect,	<i>Mental Health and wellbeing</i> Christian values: compassion, love, kindness British values: respect, This unit supports pupils to notice and name different types of feelings and thoughts –	<i>Celebrating me, you and our families</i> Christian values: love, compassion British values: respect, This unit explores similarities and differences, as well as everyone's individuality.	<i>Safety at home</i> Christian values: wisdom, courage, self-control British values: law, liberty This unit introduces pupils to hazards and risk in the context of the home. It explores	<i>Being healthy</i> Christian values: wisdom, care British values: liberty This unit teaches about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth	<i>Showing kindness to ourselves and others</i> Christian values: kindness British values: respect This unit revisits learning about feelings and explores the importance of kindness.

	tolerance, law, liberty This unit explores how to listen, share, work cooperatively, and when and how to ask for permission. Pupils learn about friendships, including falling out and how to recognise bullying. Link to Jesus' friendship with the disciples Parable of the Lost Sheep	and learn simple self-regulation strategies to manage them. The good Samaritan – compassion for others	Pupils look at different families, and how family members can show care and love for each other. The prodigal Son - forgiveness	strategies for staying safe, including in relation to household products and medicines.	brushing) and sun safety.	<i>Superkind: SDG 15 Life on Land</i> This unit will explore the threat to some species due to human activities. Pupils will write a shared letter to Miss Hampson to ask her to help reduce the amount of paper used in the school.
	<i>Superkind: SDG 6 Clean water</i> This unit will explore the problem of wasting water and how some communities don't have access to clean water either to drink or to clean themselves in. Pupils will explore how they can stop wasting water. Work together to produce group posters to encourage people to save water (teacher-led group work)					
2	<i>Mental health and wellbeing</i> Christian values: perseverance, kindness and compassion	<i>Keeping safe online</i> Christian values: respect, self-control British values: law, respect This unit explores how online content can impact feelings and supports pupils to make	<i>Me, my body and staying safe</i> Christian values: respect, self-control, British values: respect This unit explores how people change as they grow from young to old. Pupils are introduced to	<i>Money and work</i> Christian values: generosity British values: democracy, liberty This unit examines people's different strengths and interests and what this means for	<i>Keeping safe outside the home</i> Christian values: self-control British values: liberty, law This unit builds on prior learning about risk through the context of	<i>Looking back and moving on</i> Christian values: resilience British values: liberty, respect This is an opportunity to celebrate pupils' achievements and

	British values: Respect, tolerance This unit builds on the learning in year 1 by exploring a range of feelings and their intensity, and simple strategies to help manage them. The unit also introduces different kinds of change and loss (including bereavement).	safe choices about what they watch or share online (including the importance of not sharing personal information).	the names of private body parts, including genitalia, and learn how the Talk PANTS rules can help keep children safe.	the jobs they might choose. It explores what money is, how jobs can help people earn money, and how to distinguish between needs and wants. The parable of the rich fool – Dangers of greed	road and rail safety. Pupils learn what an 'emergency' is and how to get help from an adult in an emergency or call 999 themselves if they need to.	prepare them for the transition to key stage 2.
				<i>Superkind: SDG 12 Responsible consumption and production</i> This unit explores what products are made from and the effects of this. Pupils will consider how to reduce waste. They will create something new from something old.		<i>Superkind: SDG 2 Zero hunger</i> This unit explores the distribution of food around the world. Pupils will learn about the work of UNICEF and raise money to support the charity and/or make posters to encourage people to waste less food. The parable of the Sheep and the Goats – Help others when we can

Key Stage 2 PSHE						
Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

3	<i>Me, my friends and belonging</i> Christian values: respect, kindness, forgiveness British values: respect, tolerance This unit explores themes of friendship and respect. Pupils learn about healthy friendships and ways to make others feel included. The Prodigal son – the importance of forgiveness	<i>Mental health and wellbeing</i> Christian values: kindness, perseverance British values: respect, tolerance Building on the learning in year 2, this unit develops pupils' bank of self-regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries.	<i>Building healthy habits</i> Christian values: respect British values: liberty, respect This unit develops pupils' understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity. <i>Superkind: SDG 3 Good health and wellbeing</i> Children will explore how some differences, difficulties or illnesses are not spread by germs. They will learn about the work of changemakers and charities. Pupils will raise money for a charity through a sponsored event.	<i>Making choices online</i> Christian values: self-control British values: law, liberty This unit explores how to protect information online and make choices about online content, including understanding age ratings.	<i>Keeping safe out and about</i> Christian values: self-control, respect British values: liberty, law, respect This unit supports pupils to identify risk and keep safe in the sun, as well as around railways, roads and water.	<i>Looking out for each other</i> Christian values: respect, British values: respect, law, liberty This unit explores the basics of first aid, and revisits how to make an efficient call to the emergency services. <i>Superkind : SDG 14 Life Below Water</i> This unit explores the problems our oceans are facing and what we can do about it. Pupils will write a shared letter to a supermarket asking them to stop selling magazines with plastic toys in them.
4	<i>Mental health and wellbeing</i> Christian values: hope, respect, humility	<i>Exploring ways to manage risk</i> Christian values: respect, self-control	<i>Forming respectful relationships</i> Christian Values: kindness, compassion	<i>Money matters and news literacy</i> Christian values: justice, resilience	<i>Me, my body and growing up</i> Christian values: respect	<i>Families and growing together</i> Christian values: respect, kindness

	British values: respect, tolerance	British values: law, liberty, respect	British values: respect, tolerance	British values: law, liberty, respect	British values: respect	British values: respect, tolerance, law
	Building on the learning in year 3, this unit extends pupils' understanding of self-regulation strategies and explores factors that can support wellbeing.	This unit explores assessing and managing risk in different contexts, and the role that peer influence can play in personal safety: road safety, fireworks, rail and water safety.	This unit supports pupils to respond appropriately to conflicts and bullying, and to understand the importance of respect.	This unit explores how attitudes and influences can impact decisions about money. It encourages pupils to critically engage with news stories and recognise how they might affect emotions.	This unit focuses on the physical and emotional changes experienced during puberty and builds pupils' confidence in using the Talk PANTS rule to keep safe.	This unit supports pupils' understanding of diverse family structures, and how families can change.
	The parable of the talents – we should be proud of who we are and use our talents for good	the wise and foolish builders – make the right choices	The importance of forgiveness – The parable of the unforgiving servant			The parable of the Lost Sheep – everyone is important in our world
			<i>Superkind SDG: 11 Sustainable cities and communities</i> Pupils will explore the difficulties with cities and discover what is being done for the future. They will design their own sustainable property.	<i>Superkind SDG: 1 No poverty</i> This unit explores poverty around the world. It links to the work of Comic Relief in March. Pupils will hold an assembly to tell the school about why they should support Comic Relief.		<i>Superkind: SDG 4 Quality education</i> This unit explores the right to receive an education and the barriers that some face. The pupils will work together to organise a book collection for Books to Africa.

5	<i>Friendship, stereotypes and bullying</i> Christian values: kindness, compassion, respect, British values: respect, tolerance, law This unit explores respectful relationships and what to do about bullying. Pupils learn how to recognise and challenge stereotypes and prejudiced or extreme views.	<i>Mental health and wellbeing</i> Christian values: self-control British values: respect This unit revisits and builds on prior learning about mental health, exploring how different self-regulation strategies can help shift habitual thoughts and emotions, and support wellbeing.	<i>Positively engaging with our world</i> Christian values: justice, hope, British values: liberty, respect, tolerance This unit examines healthy ways of engaging with news stories and the impact that climate change can have. The parable of the mustard seed - good things can come from small actions	<i>Respecting boundaries</i> Christian values: respect, kindness British values: respect This unit explores personal boundaries, different types of touch, and how to respectfully ask, give or not give permission.	<i>Safe connections</i> Christian values: respect, self-control, kindness British values: respect, law This unit supports pupils to stay safe and manage risks if socialising online. It also touches on cybercrime.	<i>Embedding healthy habits and learning first aid</i> Christian values: respect, resilience British values: respect, liberty This unit supports pupils to recognise the benefits of healthy habits such as sun safety, regular exercise and goal setting. It also covers first aid.
	<i>Superkind: SDG 7 Affordable clean energy</i> This unit explores different forms of energy available. Pupils will create posters to share with their families to encourage people to save energy in a variety of ways.	<i>Superkind: SDG 10 and 5 Reduce inequalities and Gender Equality</i> This unit explores how and why some people may face discrimination. Pupils will explore the work of Amnesty International. The good Samaritan – Respect for all	<i>Superkind: SDG 13 Climate action</i> This unit explores global warming and extreme weather. Pupils learn how life must adapt and what helps prevent climate change. Pupils will write letters to local MP to encourage them to take action: better transport links for rural areas, planting more trees in local parks, improving flood defences, etc.			

6	<i>Managing money and online spending</i> Christian values: self-control British values: liberty, law, This unit explores economic wellbeing and online financial harms (incorporating elements of statutory RSHE) – including targeted advertising and other influences on online spending The parable of the talents – Be informed and make good choices	<i>Developing our understanding of AI</i> Christian values: resilience British values: liberty, law This unit introduces different types of AI, including generative AI, and explores the opportunities, challenges and risks associated with its use	<i>Drug education: Assessing risk and managing influences</i> Christian values: self-control, resilience British values: liberty, law, respect This unit covers legal and illegal drugs, and the risks and effects of legal and illegal drug use.	<i>Mental health and wellbeing</i> Christian values: resilience, kindness British values: respect This unit revisits and builds on prior learning about mental health, helping pupils to explore strategies that support wellbeing – including in the context of the transition to secondary school.	<i>Looking to the future</i> Christian values: self-control, resilience British values: liberty, This unit explores career related learning (including different career pathways) and supports pupils to prepare for the transition to secondary school. The parable of the two builders – make good, informed choices	<i>Changes in Puberty</i> Christian values: respect, kindness British values: respect, liberty, tolerance This unit builds pupils' understanding of how to manage the changes that occur during puberty, including increased independence and new sleep patterns.
	<i>Superkind: SDG 9 Industry, innovation and infrastructure</i> This unit raises awareness about the importance of access to a quality infrastructure. Pupils will find out about the work of Water Aid and raise money in a way of their choice.			<i>Superkind : SDG 16 Peace, Justice and strong institutions</i> This unit explores the themes of peace, justice and the meaning of “institutions”. It also explores the work of the UN.	<i>Superkind: SDG 8 Responsible production and consumption</i> Pupils will learn about the problems associated with the production of goods and waste. They will explore ways to reduce, reuse and recycle items. Pupils will take action, such as writing a letter to the local MP asking them to provide local water fountains so that people don't need to buy drinks in bottles or cans.	

