

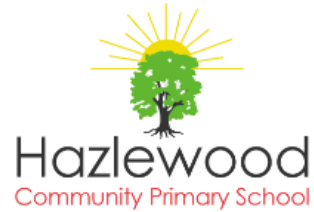
LIMITLESS POTENTIAL

IGNITE PASSION

EMBRACE DIFFERENCE

RSE & PSHE National Curriculum overview: Year 1

Year Group	Autumn Term		Spring Term		Summer Term	
Year 1	<p><u>Family and Relationships:</u></p> <ul style="list-style-type: none"> - Introduction to RSE - What is family? - What are friendships? - Family and friends help and support each other - Making friends - Friendship problems - Healthy Friendships 	<p><u>Safety and the changing body:</u></p> <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><u>Health and Wellbeing:</u></p> <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 	<p><u>Citizenship: Responsibility</u></p> <ul style="list-style-type: none"> - Rules - Caring for others: Animals - The needs of others <p><u>Community</u></p> <ul style="list-style-type: none"> - Similar, yet different - Belonging 	<p><u>Citizenship: Democracy</u></p> <ul style="list-style-type: none"> - Democratic decisions <p><u>Economic Wellbeing: Money:</u></p> <ul style="list-style-type: none"> - Introduction to money - Looking after money - Banks and building societies - Saving and spending 	<p><u>Economic wellbeing: Career and Aspirations:</u></p> <ul style="list-style-type: none"> - Jobs in school <p><u>Transition:</u></p>
Enrichment Activities	<ul style="list-style-type: none"> - Families to be invited in for a picnic/ Arts activities - Visit from emergency services 		<ul style="list-style-type: none"> - Pyjama day - Visit from an animal charity or Animal Encounters 		<ul style="list-style-type: none"> - Visit to the shop 	



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RSE & PSHE National Curriculum overview: Year 2

Year Group	Autumn Term		Spring Term		Summer Term	
Year 2	<p><u>Family and Relationships:</u></p> <ul style="list-style-type: none"> - Introduction to RSE - Families offer stability and love - Families are all different - Managing friendships - Unhappy friendships - Valuing me - Manners & courtesy - Loss and change 	<p><u>Safety and the changing body:</u></p> <ul style="list-style-type: none"> - The Internet - Communicating online - Secrets and surprises - Appropriate contact - Road safety - Drug education 	<p><u>Health and Wellbeing:</u></p> <ul style="list-style-type: none"> - Experiencing different emotions - Being active - Relaxation - Steps to success - Growth mindset - Healthy diet - Dental health 	<p><u>Citizenship: Responsibility</u></p> <ul style="list-style-type: none"> - Rules beyond school - Our school environment - Our local environment <p><u>Community</u></p> <ul style="list-style-type: none"> - Job roles in our local community - Similar yet different: My local community 	<p><u>Citizenship: Democracy</u></p> <ul style="list-style-type: none"> - School Council - Giving my opinion <p><u>Economic Wellbeing: Money:</u></p> <ul style="list-style-type: none"> - Where money comes from - Needs and wants - Wants and needs - Looking after money 	<p><u>Economic wellbeing: Career and Aspirations:</u></p> <ul style="list-style-type: none"> - Jobs <p><u>Transition:</u></p>
Enrichment Activities	- Visitor re. road safety		- Visit from the dental hygienist/ dentist - Visit from the police		- Job fair	



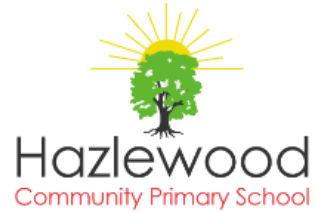
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RSE & PSHE National Curriculum overview: Year 3

Year Group	Autumn Term		Spring Term		Summer Term	
Year 3	<p><u>Family and Relationships:</u></p> <ul style="list-style-type: none"> - Introduction to RSE - Healthy families - Friendships - conflict - Effective communication - Learning who to trust - Respecting differences - Stereotyping 	<p><u>Safety and the changing body:</u></p> <ul style="list-style-type: none"> - Basic first aid - Communicating safely online - Online safety - Fake emails - Drugs, alcohol & tobacco - Keeping safe out and about 	<p><u>Health and Wellbeing:</u></p> <ul style="list-style-type: none"> - My healthy diary - Relaxation - Who am I? - My superpowers - Breaking down barriers - Dental health 	<p><u>Citizenship: Responsibility</u></p> <ul style="list-style-type: none"> - Rights of the child - Rights and responsibilities - Recycling <p><u>Community</u></p> <ul style="list-style-type: none"> - Local community groups - Charity 	<p><u>Citizenship: Democracy</u></p> <ul style="list-style-type: none"> - Local democracy - Rules <p><u>Economic Wellbeing: Money:</u></p> <ul style="list-style-type: none"> - Ways of paying - Budgeting - How spending affects others - Impact of spending 	<p><u>Economic wellbeing: Career and Aspirations:</u></p> <ul style="list-style-type: none"> - Jobs and careers - Gender and careers <p><u>Transition:</u></p>
Enrichment Activities	- Visit from a first aider		- Visit from the dental hygienist/ dentist - Visit from a charity		- Visit from local politician/ councillor - Job fair	



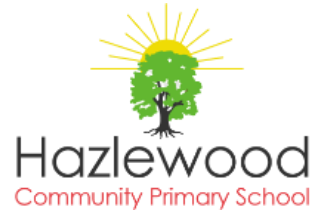
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RSE & PSHE National Curriculum overview: Year 4

Year Group	Autumn Term		Spring Term		Summer Term	
Year 4	<p><u>Family and Relationships:</u></p> <ul style="list-style-type: none"> - Introduction to RSE - Respect & manners - Healthy friendships - My behaviour - Bullying - Stereotypes - Families in the wider world - Loss and change 	<p><u>Safety and the changing body:</u></p> <ul style="list-style-type: none"> - Online restrictions - Share aware - Basic first aid - Privacy and secrecy - Consuming information online - The changing adolescent body (puberty) 	<p><u>Health and Wellbeing:</u></p> <ul style="list-style-type: none"> - Diet and dental health - Visualisation - Celebrating mistakes - My role - My happiness - Emotions - Mental health 	<p><u>Citizenship: Responsibility</u></p> <ul style="list-style-type: none"> - What are human rights? - Caring for the environment <p><u>Community</u></p> <ul style="list-style-type: none"> - Community groups - Contributing - Diverse communities 	<p><u>Citizenship: Democracy</u></p> <ul style="list-style-type: none"> - Local councillors <p><u>Economic Wellbeing: Money:</u></p> <ul style="list-style-type: none"> - Spending choices/ value for money - Keeping track of Money - Looking after money 	<p><u>Economic wellbeing: Career and Aspirations:</u></p> <ul style="list-style-type: none"> - Influences on career choices - Jobs for me <p><u>Transition:</u></p>
Enrichment Activities	<ul style="list-style-type: none"> - Anti-bullying week - Visit from the school nurse 		<ul style="list-style-type: none"> - Visit from a doctor or dentist - Visit to a local nature reserve 		<ul style="list-style-type: none"> - Visit from a local councillor - Job fair 	



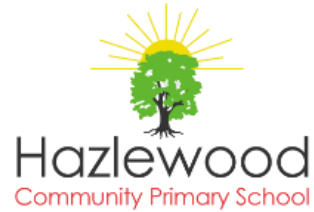
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RSE & PSHE National Curriculum overview: Year 5

Year Group	Autumn Term		Spring Term		Summer Term	
Year 5	<p><u>Family and Relationships:</u></p> <ul style="list-style-type: none"> - Introduction to RSE - Build a friend - Resolving conflict - Respecting myself - Family life - Bullying 	<p><u>Safety and the changing body:</u></p> <ul style="list-style-type: none"> - Online friendships - Identifying online dangers - The changing adolescent body (puberty, including menstruation) - First aid - Drug education 	<p><u>Health and Wellbeing:</u></p> <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 	<p><u>Citizenship: Responsibility</u></p> <ul style="list-style-type: none"> - Breaking the law - Rights and responsibilities - Protecting the planet <p><u>Community</u></p> <ul style="list-style-type: none"> - Contributing to the community - Pressure groups 	<p><u>Citizenship: Democracy</u></p> <ul style="list-style-type: none"> - Parliament <p><u>Economic Wellbeing: Money:</u></p> <ul style="list-style-type: none"> - Borrowing - Income and Expenditure - Risks with money - Prioritising spending 	<p><u>Economic wellbeing: Career and Aspirations:</u></p> <ul style="list-style-type: none"> - Stereotypes in the workplace <p><u>Transition:</u></p>
Enrichment Activities	<ul style="list-style-type: none"> - Anti-bullying week - Visit from first aider 		<ul style="list-style-type: none"> - Visit from the police 		<ul style="list-style-type: none"> - Visit from MP 	



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RSE & PSHE National Curriculum overview: Year 6

Year Group	Autumn Term		Spring Term		Summer Term	
Year 6	<p><u>Family and Relationships:</u></p> <ul style="list-style-type: none"> - Introduction to RSE - Respect - Developing respectful relationships - Stereotypes - Bullying - Being me - Loss and change 	<p><u>Safety and the changing body:</u></p> <ul style="list-style-type: none"> - Drugs alcohol & tobacco - First aid - Critical digital consumers - Social media - The changing adolescent body (puberty, conception, birth) 	<p><u>Health and Wellbeing:</u></p> <ul style="list-style-type: none"> - What can I be? - Mindfulness - Taking responsibility for my health - Resilience toolkit - Immunisation - Health concerns - Creating habits - The effects of technology on health 	<p><u>Citizenship: Responsibility</u></p> <ul style="list-style-type: none"> - Human rights - Food choices and the environment - Caring for others <p><u>Community</u></p> <ul style="list-style-type: none"> - Prejudice and discrimination - Valuing diversity 	<p><u>Citizenship: Democracy</u></p> <ul style="list-style-type: none"> - National democracy <p><u>Economic Wellbeing: Money:</u></p> <ul style="list-style-type: none"> - Attitudes to money - Keeping money safe - Gambling 	<p><u>Economic wellbeing: Career and Aspirations:</u></p> <ul style="list-style-type: none"> - What jobs are available - Career routes <p><u>Transition:</u></p> <p><u>Identity:</u></p> <ul style="list-style-type: none"> - What is identity - Identity and body image
Enrichment Activities	- Visit from a first aider		- Visit from a nurse		- Visit from an MP - Job fair	