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

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