



# Rattlesden C of E Primary Academy

**Believe Embrace Shine Together** 'I can do all things through Christ who strengthens me.' **Philippians 4:13**

## PSHE / RSE Curriculum Overview

Due to some classes being mixed year groups, some classes will use the mixed year group planning, to ensure children have full coverage of the PSHE/RSE curriculum.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>	Self-regulation: My feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends	Managing self: My wellbeing
<b>Year 1</b>	<b>Family and Relationships</b> <ul style="list-style-type: none"> <li>• Introduction to RSE • What is family?</li> <li>• What are friendships?</li> <li>• Family and friends help and support each other</li> <li>• Making friends</li> <li>• Friendship problems • Healthy Friendships</li> </ul>	<b>Health and wellbeing</b> <ul style="list-style-type: none"> <li>• Wonderful me</li> <li>• What am I like?</li> <li>• Ready for bed</li> <li>• Relaxation</li> <li>• Hand washing &amp; personal hygiene</li> <li>• Sun safety</li> <li>• Allergies</li> <li>• People who help us stay healthy</li> </ul>	<b>Safety and the Changing Body</b> <ul style="list-style-type: none"> <li>• Getting lost</li> <li>• Making a call to the emergency services</li> <li>• Asking for help</li> <li>• Appropriate contact • Medication</li> <li>• Safety at home</li> <li>• People who help to keep us safe</li> </ul>	<b>Citizenship</b> <p><u>Responsibility</u></p> <ul style="list-style-type: none"> <li>• Rules</li> <li>• Caring for others: Animals</li> <li>• The needs of others</li> </ul> <p><u>Community</u></p> <ul style="list-style-type: none"> <li>• Similar, yet different • Belonging</li> </ul> <p><u>Democracy</u></p> <ul style="list-style-type: none"> <li>• Democratic decisions</li> </ul>	<b>Economic Wellbeing</b> <p><u>Money</u></p> <ul style="list-style-type: none"> <li>• Introduction to money</li> <li>• Looking after money</li> <li>• Banks and building societies</li> <li>• Saving and spending</li> </ul> <p><u>Career and aspirations</u></p> <ul style="list-style-type: none"> <li>• Jobs in school</li> </ul>	Transition
<b>Year 2</b>	<b>Family and Relationships</b> <ul style="list-style-type: none"> <li>• Introduction to RSE</li> <li>• Families offer stability and love</li> <li>• Families are all different</li> <li>• Managing friendships</li> <li>• Unhappy friendships</li> <li>• Valuing me</li> <li>• Manners &amp; courtesy</li> <li>• Loss and change</li> </ul>	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>• Experiencing different emotions</li> <li>• Being active</li> <li>• Relaxation</li> <li>• Steps to success</li> <li>• Growth mindset</li> <li>• Healthy diet</li> <li>• Dental health</li> </ul>	<b>Safety and the changing body</b> <ul style="list-style-type: none"> <li>• The Internet</li> <li>• Communicating online</li> <li>• Secrets and surprises</li> <li>• Appropriate contact</li> <li>• Road safety</li> <li>• Drug education</li> </ul>	<b>Citizenship</b> <p><u>Responsibility</u></p> <ul style="list-style-type: none"> <li>• Rules beyond school</li> <li>• Our school environment</li> <li>• Our local environment</li> </ul> <p><u>Community</u></p> <ul style="list-style-type: none"> <li>• Job roles in our local community</li> <li>• Similar yet different: My local community</li> </ul> <p><u>Democracy</u></p> <ul style="list-style-type: none"> <li>• School Council</li> <li>• Giving my opinion</li> </ul>	<b>Economic Wellbeing</b> <p><u>Money</u></p> <ul style="list-style-type: none"> <li>• Where money comes from</li> <li>• Needs and wants</li> <li>• Wants and needs</li> <li>• Looking after money</li> </ul> <p><u>Career and aspirations</u></p> <ul style="list-style-type: none"> <li>• Jobs</li> </ul>	Transition
<b>Year 3</b>	<b>Family and relationships</b> <ul style="list-style-type: none"> <li>• Introduction to RSE</li> <li>• Healthy families</li> <li>• Friendships - conflict</li> </ul>	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>• My healthy diary</li> <li>• Relaxation</li> <li>• Who am I?</li> </ul>	<b>Safety and the changing body</b> <ul style="list-style-type: none"> <li>• Basic first aid</li> <li>• Communicating safely online</li> <li>• Online safety</li> </ul>	<b>Citizenship</b> <p><u>Responsibility</u></p> <ul style="list-style-type: none"> <li>• Rights of the child</li> <li>• Rights and responsibilities</li> <li>• Recycling</li> </ul>	<b>Economic wellbeing</b> <p><u>Money</u></p> <ul style="list-style-type: none"> <li>• Ways of paying</li> <li>• Budgeting</li> <li>• How spending affects others</li> </ul>	Transition

	<ul style="list-style-type: none"> <li>• Effective communication</li> <li>• Learning who to trust</li> <li>• Respecting differences</li> <li>• Stereotyping</li> </ul>	<ul style="list-style-type: none"> <li>• My superpowers</li> <li>• Breaking down barriers</li> <li>• Dental health</li> </ul>	<ul style="list-style-type: none"> <li>• Fake emails</li> <li>• Drugs, alcohol &amp; tobacco</li> <li>• Keeping safe out and about</li> </ul>	<u>Community</u> <ul style="list-style-type: none"> <li>• Local community groups</li> <li>• Charity</li> </ul> <u>Democracy</u> <ul style="list-style-type: none"> <li>• Local democracy</li> <li>• Rules</li> </ul>	<ul style="list-style-type: none"> <li>• Impact of spending</li> </ul> <u>Career and aspirations</u> <ul style="list-style-type: none"> <li>• Jobs and careers</li> <li>• Gender and careers</li> </ul>	
<b>Year 4</b>	<b>Family and relationships</b> <ul style="list-style-type: none"> <li>• Introduction to RSE • Respect &amp; manners • Healthy friendships • My behaviour • Bullying • Stereotypes • Families in the wider world • Loss and change</li> </ul>	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>• Diet and dental health</li> <li>• Visualisation</li> <li>• Celebrating mistakes</li> <li>• My role</li> <li>• My happiness</li> <li>• Emotions</li> <li>• Mental health</li> </ul>	<b>Safety and the changing body</b> <ul style="list-style-type: none"> <li>• Online restrictions</li> <li>• Share aware</li> <li>• Basic first aid</li> <li>• Privacy and secrecy • Consuming information online</li> <li>• The changing adolescent body (puberty)</li> </ul>	<b>Citizenship</b> <u>Responsibility</u> <ul style="list-style-type: none"> <li>• What are human rights?</li> <li>• Caring for the environment</li> </ul> <u>Community</u> <ul style="list-style-type: none"> <li>• Community groups • Contributing</li> <li>• Diverse communities</li> </ul> <u>Democracy</u> <ul style="list-style-type: none"> <li>• Local councillors</li> </ul>	<b>Economic wellbeing</b> <u>Money</u> <ul style="list-style-type: none"> <li>• Spending choices/ value for money</li> <li>• Keeping track of money</li> <li>• Looking after money</li> </ul> <u>Career and aspirations</u> <ul style="list-style-type: none"> <li>• Influences on career choices</li> <li>• Jobs for me</li> </ul>	Transition
<b>Year 5</b>	<b>Family and relationships</b> <ul style="list-style-type: none"> <li>• Introduction to RSE</li> <li>• Build a friend</li> <li>• Resolving conflict</li> <li>• Respecting myself</li> <li>• Family life</li> <li>• Bullying</li> </ul>	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>• Relaxation</li> <li>• The importance of rest</li> <li>• Embracing failure</li> <li>• Going for goals</li> <li>• Taking responsibility for my feelings</li> <li>• Healthy meals</li> <li>• Sun safety</li> </ul>	<b>Safety and the changing body</b> <ul style="list-style-type: none"> <li>• Online friendships</li> <li>• Identifying online dangers</li> <li>• The changing adolescent body (puberty, including menstruation)</li> <li>• First aid</li> <li>• Drug education</li> </ul>	<b>Citizenship</b> <u>Responsibility</u> <ul style="list-style-type: none"> <li>• Breaking the law</li> <li>• Rights and responsibilities</li> <li>• Protecting the planet</li> </ul> <u>Community</u> <ul style="list-style-type: none"> <li>• Contributing to the community</li> <li>• Pressure groups</li> </ul> <u>Democracy</u> <ul style="list-style-type: none"> <li>• Parliament</li> </ul>	<b>Economic wellbeing</b> <u>Money</u> <ul style="list-style-type: none"> <li>• Borrowing</li> <li>• Income and expenditure</li> <li>• Risks with money</li> <li>• Prioritising spending</li> </ul> <u>Career and aspirations</u> <ul style="list-style-type: none"> <li>• Stereotypes in the workplace</li> </ul>	Transition
<b>Year 6</b>	<b>Family and Relationships</b> <ul style="list-style-type: none"> <li>• Introduction to RSE • Respect</li> <li>• Developing respectful relationships</li> <li>• Stereotypes</li> <li>• Bullying</li> <li>• Being me</li> <li>• Loss and change</li> </ul>	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>• What can I be?</li> <li>• Mindfulness</li> <li>• Taking responsibility for my health</li> <li>• Resilience toolkit</li> <li>• Immunisation</li> <li>• Health concerns</li> <li>• Creating habits</li> <li>• The effects of technology on health</li> </ul>	<b>Safety and the changing body</b> <ul style="list-style-type: none"> <li>• Drugs alcohol &amp; tobacco</li> <li>• First aid</li> <li>• Critical digital consumers</li> <li>• Social media</li> <li>• The changing adolescent body (puberty, conception, birth)</li> </ul>	<b>Citizenship</b> <u>Responsibility</u> <ul style="list-style-type: none"> <li>• Human rights</li> <li>• Food choices and the environment</li> <li>• Caring for others</li> </ul> <u>Community</u> <ul style="list-style-type: none"> <li>• Prejudice and discrimination</li> <li>• Valuing diversity</li> </ul> <u>Democracy</u> <ul style="list-style-type: none"> <li>• National democracy</li> </ul>	<b>Economic wellbeing</b> <u>Money</u> <ul style="list-style-type: none"> <li>• Attitudes to money • Keeping money safe • Gambling</li> </ul> <u>Career and aspirations</u> <ul style="list-style-type: none"> <li>• What jobs are available</li> <li>• Career routes</li> </ul>	<b>Identify</b> <ul style="list-style-type: none"> <li>• What is identity</li> <li>• Identity and body image</li> </ul> Transition