



Curriculum overview for parents and carers

RSE & PSHE

A summary of key RSE & PSHE learning from Reception to Year 6.

EYFS (Reception)

Self-regulation: My feelings

The children learn to recognise and understand their feelings, identifying when emotions arise and how to manage them effectively. In addition, they develop their communication skills.

Building relationships: Special relationships

Exploring why families and special people are valuable, the children learn the importance of sharing and develop strategies to do so. They also consider themselves as valuable individuals, exploring diversity by recognising similarities and differences.

Managing self: Taking on challenges

The children consider why rules exist and learn the importance of persistence and perseverance when facing challenges. They also develop effective communication skills and practice 'grounding' coping strategies.

Self-regulation: Listening and following instructions

The children practise comprehension skills by listening to stories and playing games that require careful listening to instructions. They also explore how rumours can quickly spread and change.

Building relationships: My family and friends

Exploring cultural festivals, the children reinforce the importance of sharing and turn-taking through role-play. They also consider the ingredients for a good friend, explore how kind words make others feel and recognise the value of working as a team.

Managing self: My wellbeing

Understanding why exercise is important for both physical and mental health, the children consider the effects of different types of exercise on the body. They also explore ways to take care of themselves, recognise how to travel safely as a pedestrian and identify how to make balanced food choices.

Year 1

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Investigating the characteristics of positive friendships, the children learn that issues can be overcome, that people show feelings differently and that stereotyping is unfair. They also recognise how families can be different.	Exploring personal qualities, the children learn strategies to manage their feelings and understand the impact of sleep and relaxation on wellbeing. They also recognise the importance of hand-washing and sun protection, how to deal with allergic reactions and the role of community members in maintaining health.	Learning how to respond to adults in various situations, the children distinguish between appropriate and inappropriate physical contact. Additionally, they explore what to do if lost, how to call emergency services and how to identify hazards in the home.	Receiving an introduction to democracy, the children learn about the importance of rules and the consequences of not following them. In addition, they investigate similarities and differences among people and the needs of babies, young children and animals.	Learning about money and its origins, the children explore how to spend and save it, how to keep cash safe and the function of banks and building societies. In addition, the children recognise the variety of jobs in and outside of school.

Transition lesson: Helping Year 1 pupils with the transition to a new year and the changes that come with it.

Year 2

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Recognising that families are composed of diverse people who offer each other care and support, the children also explore how others show their feelings and how to respond appropriately. They examine the conventions of manners and develop an understanding of self-respect.	Learning about the benefits of exercise and relaxation on physical health and wellbeing, the children also explore strategies to manage different emotions and set goals. They practise developing a growth mindset and gain an understanding of dental hygiene.	Developing an understanding of safety, the children learn about roads and medicines, alongside an introduction to online safety. They distinguish secrets from surprises, name body parts and explore the concept of privacy.	Investigating some of the rules outside of school, the children also explore caring for the school and local environment. They identify the roles people have within the local community, discover how school councils operate and practise voicing an opinion.	The children develop their understanding of how money is used, where it comes from and how to look after it. They also gain an introduction to careers and jobs.

Transition lesson: Helping Year 2 pupils with the transition to Year 3 and the changes that may come with this move.

Year 3

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Developing effective listening skills and non-verbal communication, the children discuss how some relationship problems could be resolved. They also explore the impact of bullying and how to tackle it, recognise the existence of stereotyping and discuss trust and who to trust.	The children recognise that a healthy lifestyle includes physical activity, a balanced diet, rest and relaxation. They also explore identity through the groups they belong to, how people's strengths can be used to help others and how to solve problems by breaking them down.	Further developing their safety knowledge, the children learn how to call the emergency services, treat bites and stings and stay safe near roads. The children also explore being a responsible digital citizen by learning about cyberbullying and identifying unsafe digital content.	The children explore why rules exist and investigate children's rights. After an introduction to local democracy, the children explore the roles of local community groups and charities and investigate recycling.	Learning how to create a basic budget, the children also investigate the different ways of paying, the emotional impact of money and the ethics of spending. In addition, the children discuss potential jobs and careers as well as the negative impact of stereotypes.

Transition lesson: Helping Year 3 pupils prepare for the transition to Year 4 and the changes that come with this.

Year 4

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
The children develop an understanding of courtesy and manners, recognise emotional and physical boundaries in friendships and identify how behaviour can affect others. The children also explore the impact of bullying, gender and disability stereotypes, varied family life and bereavement.	Discussing emotional maturity, the children develop their ability to identify and manage their emotions while also appreciating the feelings of others. They learn how to cultivate a growth mindset, identify calming activities and develop independence in dental hygiene.	Building their awareness of online safety, the children learn about age restrictions and the benefits and risks of sharing information online. They also explore the physical and emotional changes during puberty, the risks of tobacco and how to help someone with asthma.	The children learn about human rights and the importance of caring for the environment. Investigating the function of local government, the children also explore the role of groups within the local community and appreciate its diversity.	Exploring choices associated with spending, the children consider what makes something good value for money. They also investigate stereotypes in the workplace, career aspirations and what influences career choices.

Transition lesson: Helping Year 4 pupils prepare for the transition into Year 5 and the changes, challenges and opportunities this brings.

Year 5

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Developing their understanding of families and marriage, the children learn what to do if someone feels unsafe within their family. They also explore how to strengthen a friendship, the impact of bullying and what influences a bully's behavior and how to appreciate their personal attributes.	Developing greater responsibility for sleep, sun safety and healthy eating, the children also learn to set goals and embrace failure. Additionally, they recognise how to manage and take responsibility for their feelings and the importance of rest and relaxation.	Exploring the emotional and physical changes of puberty, including menstruation, the children also develop their online safety and knowledge of first aid. In addition, they consider the influence of others, peer pressure and how to make independent decisions.	Gaining an introduction to Parliament and the justice system, the children learn about rights and responsibilities, pressure groups, the impact of energy on the planet and how to contribute to the community.	Developing their understanding of income and expenditure, the children learn about borrowing money and its associated risks. They also explore various career choices, the connection between finance and feelings, and stereotypes in the workplace.

Transition lesson: Helping Year 5 pupils prepare for the transition to Year 6 and the opportunities and responsibilities this brings.

Year 6

Introductory lesson: A stand-alone lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons.

Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Learning how to resolve conflict through negotiation and compromise, the children learn about respect and understand that everyone deserves to be respected. Additionally, they explore stereotypes and how to challenge them and begin to recognise the process and emotions relating to grief.	The children explore rest and relaxation and their effects on physical and mental health. They also look at the benefits of a balanced diet, oral hygiene, physical activity and immunisation. In addition, they develop strategies for resilience in challenging situations and learn how to plan for long-term goals.	Investigating the reliability of online information, the children learn how to stay safe when using social media. They also recognise the risks associated with alcohol and how to administer first aid. Additionally, they study the changes experienced during puberty and how a baby is conceived and develops.	Developing their understanding of human rights and democracy, the children develop an awareness of discrimination and the value of diversity. They also learn about food choices and the environment as well as how to care for others.	Exploring attitudes to money, the children recognise how to keep money safe, the risks of gambling and how banks work. They also look at career paths and the variety of different jobs available.
				Identity
				Two lessons on the theme of personal identity and body image.

Transition lesson: Helping pupils prepare for the transition to secondary school, including exploring any worries or anxieties they may have.