

## RSE/PSHE Content

Yr Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year One	<p><b><u>Family and friendships</u></b></p> <ul style="list-style-type: none"> <li>• Introduction to RSE</li> <li>• 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</li> <li>• Healthy Friendships</li> </ul>	<p><b><u>Health and wellbeing</u></b></p> <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>	<p><b><u>Safety and the changing body</u></b></p> <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</li> <li>• Medication</li> <li>• Safety at home</li> <li>• People who help to keep us safe</li> </ul>	<p><b><u>Citizenship</u></b></p> <ul style="list-style-type: none"> <li>• Responsibility</li> <li>• Community</li> <li>• Democracy</li> </ul>	<p><b><u>Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>• Understanding my feelings</li> <li>• Special people</li> <li>• People to turn to</li> <li>• What am I like?</li> <li>• Sleep</li> <li>• Progressive muscle relaxation</li> </ul>	<p><b><u>Economic wellbeing &amp; transition</u></b></p> <ul style="list-style-type: none"> <li>• Money</li> <li>• Career and aspirations</li> </ul>
Year Two	<p><b><u>Family and friendships</u></b></p> <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>	<p><b><u>Health and wellbeing</u></b></p> <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>	<p><b><u>Safety and the changing body</u></b></p> <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>	<p><b><u>Citizenship</u></b></p> <ul style="list-style-type: none"> <li>• Responsibility</li> <li>• Community</li> <li>• Democracy</li> </ul>	<p><b><u>Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>• Experiencing different feelings</li> <li>• Other people's feelings</li> <li>• Steps to success</li> <li>• Growth mindset</li> <li>• Being active</li> </ul>	<p><b><u>Economic wellbeing &amp; transition</u></b></p> <ul style="list-style-type: none"> <li>• Money</li> <li>• Career and aspirations</li> </ul>

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Year Three	<b><u>Family and friendships</u></b> <ul style="list-style-type: none"> <li>• Introduction to RSE</li> <li>• Healthy families</li> <li>• Friendships - conflict</li> <li>• Effective communication</li> <li>• Learning who to trust</li> <li>• Respecting differences</li> <li>• Stereotyping</li> </ul>	<b><u>Health and wellbeing</u></b> <ul style="list-style-type: none"> <li>• My healthy diary</li> <li>• Relaxation</li> <li>• Who am I?</li> <li>• My superpowers</li> <li>• Breaking down barriers</li> <li>• Dental health</li> </ul>	<b><u>Safety and the changing body</u></b> <ul style="list-style-type: none"> <li>• Basic first aid</li> <li>• Communicating safely online</li> <li>• Online safety</li> <li>• Fake emails</li> <li>• Drugs, alcohol &amp; tobacco</li> <li>• Keeping safe out and about</li> </ul>	<b><u>Citizenship</u></b> <ul style="list-style-type: none"> <li>• Responsibility</li> <li>• Community</li> <li>• Democracy</li> </ul>	<b><u>Wellbeing</u></b> <ul style="list-style-type: none"> <li>• Who am I?</li> <li>• Communication</li> <li>• My superpowers</li> <li>• Breaking down barriers</li> <li>• Healthy diet</li> <li>• Relaxation Stretches</li> </ul>	<b><u>Economic wellbeing &amp; transition</u></b> <ul style="list-style-type: none"> <li>• Money</li> <li>• Career and aspirations</li> </ul>
Year Four	<b><u>Family and friendships</u></b> <ul style="list-style-type: none"> <li>• Introduction to RSE</li> <li>• Respect &amp; manners</li> <li>• Healthy friendships</li> <li>• My behaviour</li> <li>• Bullying</li> <li>• Stereotypes</li> <li>• Families in the wider world</li> <li>• Loss and change</li> </ul>	<b><u>Health and wellbeing</u></b> <ul style="list-style-type: none"> <li>• Looking after our teeth</li> <li>• Relaxation: Visualisation</li> <li>• Celebrating mistakes</li> <li>• Meaning and purpose: My role</li> <li>• My happiness</li> <li>• Emotions</li> </ul>	<b><u>Safety and the changing body</u></b> <ul style="list-style-type: none"> <li>• Online restrictions</li> <li>• Share aware</li> <li>• Basic first aid</li> <li>• Privacy and secrecy</li> <li>• Consuming information online</li> <li>• The changing adolescent body (puberty)</li> </ul>	<b><u>Citizenship</u></b> <ul style="list-style-type: none"> <li>• Responsibility</li> <li>• Community</li> <li>• Democracy</li> </ul>	<b><u>Wellbeing</u></b> <ul style="list-style-type: none"> <li>• My happiness</li> <li>• A positive approach</li> <li>• My role – meaning and purpose</li> <li>• Dental health</li> <li>• Visualisation</li> </ul>	<b><u>Economic wellbeing &amp; transition</u></b> <ul style="list-style-type: none"> <li>• Money</li> <li>• Career and aspirations</li> </ul>

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Year Five	<p><b><u>Family and friendships</u></b></p> <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>	<p><b><u>Health and wellbeing</u></b></p> <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>	<p><b><u>Safety and the changing body</u></b></p> <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>	<p><b><u>Citizenship</u></b></p> <ul style="list-style-type: none"> <li>• Responsibility</li> <li>• Community</li> <li>• Democracy</li> </ul>	<p><b><u>Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>• Taking responsibility for my feelings</li> <li>• Good friends</li> <li>• Going for goals</li> <li>• Embracing failure</li> <li>• Importance of rest</li> <li>• Yoga</li> </ul>	<p><b><u>Economic wellbeing &amp; transition</u></b></p> <ul style="list-style-type: none"> <li>• Money</li> <li>• Career and aspirations</li> </ul>
Year Six	<p><b><u>Family and friendships</u></b></p> <ul style="list-style-type: none"> <li>• Respect</li> <li>• Developing respectful relationships</li> <li>• Stereotypes</li> <li>• Bullying</li> <li>• Being me</li> <li>• Loss and change</li> </ul>	<p><b><u>Health and wellbeing</u></b></p> <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>• Physical health concerns</li> <li>• Habits – positive and negative</li> </ul>	<p><b><u>Safety and the changing body</u></b></p> <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> <p><b><u>Identity</u></b></p> <ul style="list-style-type: none"> <li>• What contributes to identity</li> <li>• Gender identity</li> </ul>	<p><b><u>Citizenship</u></b></p> <ul style="list-style-type: none"> <li>• Responsibility</li> <li>• Community</li> <li>• Democracy</li> </ul>	<p><b><u>Wellbeing</u></b></p> <ul style="list-style-type: none"> <li>• Our social selves</li> <li>• Resolving and compromising</li> <li>• What can I to be?</li> <li>• Taking responsibility for my health</li> <li>• Mindfulness</li> </ul>	<p><b><u>Economic wellbeing &amp; transition</u></b></p> <ul style="list-style-type: none"> <li>• Money</li> <li>• Career and aspirations</li> </ul>