



PSHE and RSE Curriculum

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS Year A	Our Rules and Dental Hygiene	Look what I can do	Yes I can	Caring for pets	Changing me	How I feel
EYFS Year B	I Belong	It's good to share	Super me	Fabulous friends	The Selfish Little red Hen	My Marvellous Mind
KS1 Year A	Think Positive Mental health and emotional wellbeing, developing gratitude, mindfulness and self regulation skills	Respecting Rights fundamental human rights and how we can make sure that our rights and those of others are met	special people in families and friendships, and how to care and be kind to them	One World Global Citizenship, teaching about similarities and differences with other cultures and caring for the environment	Growing Up parts of the body and the process of growing up, keeping safe and consent	Safety First personal safety indoors and out, including online safety, people who can help and the underwear rule
KS1 Year B	Together Everyone Achieves More teamwork, new beginnings and cooperation, developing classroom skills like listening and making good choices	Britain British Values, exploring neighbourhoods and communities, diversity and respect	Be Yourself recognising and expressing emotions, skills of self regulation and positive self-esteem.	It's My Body healthy lifestyles, looking after your body, making healthy choices and consent	Money Matters financial education, including keeping money safe, shopping, saving and spending.	Aiming High careers, aspirations and goal setting while Aiming High careers, aspirations and goal setting while
LKS2 Year A	Think positive This will build on what the children have already learnt about	Respecting rights This unit helps children to understand that no one should take	Very Important Persons This unit focus on relationships we have with our	Our World The children will explore the concepts of inequality and	Growing up This topic builds on children's knowledge of the human body; how	Safety first Children will consider what it means to take

	feelings, both positive and negative and how our attitude towards life can affect our mental health.	away their rights. It also helps children to explore the ideas of equality and discrimination and the consequences of both.	VIPs. It will look at friendships, how friendships are formed and maintained, and the qualities of a good friend. The lessons will then move on to disputes and bullying and will address strategies for coping with each of these.	stereotypes and will be encouraged to reflect on what they can do to help make the world a fairer place.	we grow and change, both physically and emotionally.	responsibility for their own safety.
LKS2 Year B	TEAM Children learn about successful teamwork skills, being considerate of others in the team and how to positively resolve any conflicts that occur.	Britain Children learn about British people, rules, the law, liberty and what living in a democracy means. They also learn about the importance of being tolerant of differences within their society.	Be Yourself. Children will identify their strengths and achievements as well as help them to recognise different emotions they experience	It's My Body Children will explore the choices that they can make about looking after their bodies. The lessons look at making safer choices about their bodies, sleep and exercise, diet, cleanliness	Money Matters children will be encouraged to think about where money comes from and how it can be used.	Money Matters children will be encouraged to think about where money comes from and how it can be used.
UKS2 Year A	Think Positive: the skills of mindfulness and a growth mindset to develop a positive attitude, resilience and self-regulation.	Respecting Rights: investigates human rights and how rights respecting people protect and respect human	VIPs: healthy relationships including kindness, conflict, peer pressure and managing secrets and dares.	One World: human rights, climate change, energy use, water conservation, biodiversity and protecting the environment.	Growing Up: relationships education, including body image, emotional changes, puberty, human	Safety First: online safety, behaving responsibly, assessing risk and what to do in an emergency.

		rights around the world.			reproduction and relationships.	
UKS2 Year B	TEAM: positive learning behavior, cooperation, effective teamworking skills and explores children's responsibilities towards their classmates	Britain: British Values topics, Local and National Government, community, identity and how to make a positive contribution.	Be Yourself: self-esteem, assertiveness, recognising and expressing emotions and managing difficult situations.	It's My Body: healthy lifestyles, personal hygiene, harmful substances, making healthy choices and body image.	Money Matters: financial education, including financial risk, being critical consumers, budgeting and value for money.	Aiming High: careers education such as aspirations, goal setting, equal opportunities, innovation and enterprise.