

Curriculum overview for parents and carers

RSE & PSHE

Summary of key RSE & PSHE learning for Reception to Year 5/6.



Week	Autumn	Spring	Summer
Week 1	Self-regulation: My feelings (6 lessons) Lesson 1: Identifying my feelings	Managing self: Taking on challenges (6 lessons) Lesson 1: Why do we have rules?	Building relationships: My family and friends (6 lessons) Lesson 1: Festivals
Week 2	Lesson 2: Feelings jars	Lesson 2: Building towers	Lesson 2: Sharing
Week 3	Lesson 3: Coping strategies	Lesson 3: Team den building	Lesson 3: What makes a good friend?
Week 4	Lesson 4: Describing feelings	Lesson 4: Grounding	Lesson 4: Being a good friend
Week 5	Lesson 5: Facial expressions	Lesson 5: Team races	Lesson 5: Teamwork
Week 6	Lesson 6: Creating a calm corner	Lesson 6: Circus skills	Lesson 6: Celebrating friendships
Week 7	Building relationships: Special relationships (6 lessons) Lesson 1: My family	Self-regulation: Listening and following instructions (6 lessons) Lesson 1: Simon says	Managing self: My wellbeing (6 lessons) Lesson 1: What is exercise?
Week 8	Lesson 2: Special people	Lesson 2: Listening to a story	Lesson 2: Yoga and relaxation
Week 9	Lesson 3: Sharing	Lesson 3: Pass the whisper	Lesson 3: Looking after ourselves
Week 10	Lesson 4: I am unique	Lesson 4: Obstacle race	Lesson 4: Being a safe pedestrian
Week 11	Lesson 5: My interests	Lesson 5: Blindfold walk	Lesson 5: Eating healthily
Week 12	Lesson 6: Similarities and differences	Lesson 6: Treasure hunt	Lesson 6: A rainbow of food

	Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic Wellbeing
1	Introduction: Setting ground rules for RSE & PSHE lessons*	Understanding my feelings*	Communicating with adults*	Rules*	Money*
2	Family*	Steps to success	Road safety*	Similar, yet different *	Needs and wants*
3	Friendships*	Developing a growth mindset	Safety at home	Caring for others: Animals	Saving and spending
4	Other people's feelings	Being active	Safety with medicines*	The needs of others	Banks and building societies*
5	Getting along with others*	Relaxation: breathing exercises	What to do if I get lost	Democratic decisions	Jobs*
6	Friendship problems*	Healthy diet	The internet	School council	
7	Gender stereotypes*	Looking after our teeth	Appropriate contact*	Giving my opinion	
8	Change and loss		My private parts are private*		Transition lesson
9			Personal boundaries*		Understanding that change can cause mixed feelings.

Lessons marked with an asterisk* are taught in both Year 1 and Year 2 but children will partake in different activities and have a different learning experience each year.

	Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic Wellbeing
1	Introductory lesson: Setting ground rules and signposting*	My healthy diary	Fake emails	Recycling / reusing*	Spending choices*
2	Friendship issues and bullying*	Looking after our teeth	Internet safety: age restrictions	Local community buildings and groups*	Budgeting*
3	Healthy families	Relaxation - visualisation	Consuming information online	Local council and democracy*	Money and emotions *
4	Stereotyping - Gender*	Meaning and purpose - my role	Tobacco	Diverse communities	Jobs and careers*
5	Stereotyping - Age/disability*	Resilience: breaking down problems	First Aid: asthma	Rights of the child	Jobs for me
6	How my behaviour affects others	Emotions	Choices and influences*	Charity	
7	Effective communication to support relationships	Communicating my feelings*	Year 3: First Aid: Emergencies and calling for help Year 4: Introducing puberty		
8	Respect and manners	Mental health	Year 3: Road safety Year 4: Growing up		Transition lesson
9	Respecting differences				Coping strategies*

Lessons marked with an asterisk* are taught in both Year 3 and Year 4 but children will partake in different activities and have a different learning experience each year.
Lesson in red are those which children will be taught in single year groups.

	Families and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic Wellbeing
1	Introduction lesson: Setting rules and signposting*	Relaxation - mindfulness	Critical digital consumers	Pressure groups	Attitudes to money
2	Friendship skills	What can I be?	Social media	Valuing diversity	Keeping money safe
3	Respect*	Taking responsibility for my health	First Aid: Bleeding	Food choices and the environment	Stereotypes in the workplace
4	Resolving conflict	The impact of technology on health	First Aid: Basic life support	Caring for others	Gambling
5	Family life	Resilience toolbox	Year 5: Puberty Year 6: Physical and emotional changes of puberty	Rights and responsibilities*	Careers*
6	Stereotyping	Immunisation	Year 5: Menstruation Year 6: <u>Conception</u>	Parliament and national democracy*	
7	Challenging stereotypes	Physical health concerns	Year 5: Emotional changes in puberty Year 6: <u>Pregnancy and birth</u>	Identity	
8	Change and loss	Good and bad habits	Critical digital consumers	Year 6: What is identity?	Transition lesson
9				Year 6: Identity and body image	Coping strategies*

Lessons marked with an asterisk* are taught in both Year 5 and Year 6 but children will partake in different activities and have a different learning experience each year.

Lesson in red are those which children will be taught in single year groups.

Underlined lessons are sex education lessons and you have the right to withdraw your child from these lessons if you wish.