



Whole-School PSHE & RSHE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1 & Y2	Our Happy School	Out and About	Looking Forward	Me, my Friends and Family	Healthy Bodies, Healthy Minds	Ready, Steady, Go
	A fresh start with a new class, nurturing a sense of belonging, recognising diversity and establishing class rules and rewards.	People who Help Us - incorporates work on road, fire and fireworks safety and anti-bullying.	Things we enjoy and how they like to learn. It explores jobs people do, with a focus on goal setting.	Relationships with friends and family. It also begins to focus on more sensitive issues such as loss.	Developing personal responsibility/teamwork. Children learn about medicines, sun safety and healthy lifestyles	Children will develop ways of keeping safe in everyday situations, playing outside, cyber / road safety.
	A fresh start with a new class, learning to work and play together and establishing class rules and rewards.	Learning to help others, including contacting emergency services. It also links to National Anti-Bullying week.	The children collaborate on a project to raise funds for a charity or school project of their choice.	Relationships with friends and family. It also begins to focus on more sensitive issues such as personal hygiene.	Children are introduced to the choices that can be made regarding the provenance of food and how to budget.	Helps children explore everyday changes, their feelings about them and how to build resilience.
Y3 & Y4	Creating a happy and collaborative learning environment. New ground rules build on KS1 principles.	Enabling the children to become better communicators and awareness of personal safety.	Pupils explore their learning styles and work collaboratively to set and achieve goals through an enterprise activity.	Relationships with friends and family. It further develops learning about sensitive issues such as personal hygiene.	Managing uncomfortable feelings. How to plan healthy meals and the effects and benefits of exercise.	Children identify people they can trust to help them and learn how and where to get help.
	Children re-establish class ground rules. They also consider how to manage difficult situations.	Solving problems and anger management. Staying safe and investigating bullying.	Another enterprise activity focused on Fair Trade. The emphasis is on responsibility and teamwork.	Personal hygiene and early puberty - changes we experience are natural and can be embraced positively.	Coping with feelings, such as stress and anxiety. The effects of smoking and the importance of making healthy choices.	Where and how to get help and e-safety (e.g. keeping personal information safe).
Y5 & Y6	Establishing ground rules. The focus is on taking personal responsibility for behaviour and working with others.	Taking responsibility for being safe in various situations. Pupils explore stereotyping and discrimination.	The concepts of saving, budgeting and earning money are developed.	This unit is about the physical and emotional changes that occur in puberty. Y6 learn about conception and birth.	Healthy lifestyles - managing both physical and mental health to promote wellbeing.	Difficult changes, including loss and bereavement. Children learn about keeping safe and responding to emergencies.
	Pupils create ground rules to establish a constructive learning environment based on principles from previous years.	Taking responsibility for being safe in various situations. Pupils explore how to identify and manage risk.	Exploring choices that have to be made regarding money. Developing concepts of saving, budgeting and earning.	Sensitive issues such as loss, self-image, stereotyping and media influence. It considers choices people make and their consequences.	Managing risk and building resilience. Making choices and decisions around drugs and work/life balance.	Pupils reflect on their achievements and plan their 'legacy'. Y6 pupils explore feelings about transition to secondary school.