Curriculum overview for parents and carers

RSE & PSHE

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

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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.

Building relationships: Special relationships

Examining why some people are special and valued, the children learn the importance of sharing and develop strategies to do so. They also consider themselves as valuable individuals and explore diversity by recognising people's 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.

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 and explore how kind words make others feel.

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 recognise how to travel safely as a pedestrian and how to make balanced food choices.

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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.	Recognising emotions and ways to manage them, the children explore practical strategies for wellbeing. They also develop an understanding of the importance of good sleep, hand hygiene, sun safety, and how to respond to an allergic reaction.	Learning how to respond to adults in different situations, the children also begin to distinguish between appropriate and inappropriate physical contact. In addition, the children learn how to call the emergency services and identify potential hazards in the home.	Exploring the importance of rules and the consequences of not following them, the children also explore the similarities and differences between themselves and others.	Identifying what money is and where it comes from, the children also begin to understand the difference between spending and saving.

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
Learning that families are made up of different people who offer care and support, the children also explore the conventions of manners. In addition, they begin to develop an understanding of self-respect.	Identifying strategies to manage different emotions, the children also learn how to set goals and begin to develop a growth mindset. They also learn about the importance of dental hygiene.	Developing their understanding of safety, the children learn about road safety, online safety and the safe use of medicines. They also begin to distinguish between secrets and surprises, name body parts and explore the concept of privacy.	Considering the rules that exist outside of school, the children also explore the different roles people have within the local community. In addition, they learn how to voice their opinions respectfully and confidently.	The children explore the difference between wants and needs when it comes to money.

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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
Considering how some relationship problems could be resolved, the children develop effective listening skills and learn about non-verbal communication. They also explore the impact of bullying and what actions can be taken, consider trust and who to trust and recognise that stereotyping can exist.	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 and how to solve problems by breaking them down.	Further developing their safety knowledge, the children learn how to call the emergency services and stay safe near roads. The children also explore being a responsible digital citizen by learning about cyberbullying and identifying unsafe digital content.	Learning about local democracy, the children explore the importance of people's rights and the roles of local charities.	Learning how to create a budget, the children also consider the ethics of spending, potential jobs and careers and stereotyping in the workplace..

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, 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. In addition, they learn how to cultivate a growth mindset.	Building their understanding of online safety, the children examine the benefits and risks of sharing information online, age restrictions and the difference between private and public. They also learn the physical and emotional changes in puberty and the risks associated with tobacco.	Learning about human rights, the children also explore the role of groups within the local community and appreciate its diversity.	Developing their knowledge of money, the children consider the choices associated with spending, what makes something good value and how to look after money.

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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 recognise how to manage and take responsibility for their feelings.	Exploring the emotional and physical changes of puberty, including menstruation, the children also develop their online safety and knowledge of first aid. In addition, the consider the influence of others, peer pressure and how to make independent decisions.	The children gain an introduction to the justice system and how Parliament works.	Developing an understanding of the risks associated with money, particularly online.

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
Identifying ways to resolve conflict through negotiation and compromise, the children consider the importance of respect in the friendships and relationships. In addition, they begin to recognise the process and emotions relating to grief.	The children explore screen time and the effect on their physical and mental health. In addition, they consider strategies for being resilient in challenging situations, how to plan for long-term goals and the facts around immunisation.	The children learn about the changes experienced during puberty. Additionally, they examine the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.	Developing their understanding of human rights, the children learn to identify discrimination as well as the importance of diversity and national democracy.	Exploring career paths and the variety of different jobs available. **Identity** Learning about the children's personal identity and body image.

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