

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*	Relaxation - laughter and progressive muscle relaxation	People who help to keep us safe in our local community	Similar, yet different *	Needs and wants*
3	Friendships*	What am I like?	Road safety*	Belonging	Looking after money
4	Families are all different	Ready for bed?	Safety with medicines*	Job roles in the community	Banks and building societies*
5	Other people's feelings	Hand washing and personal hygiene	Making a call to the emergency services	Our school environment	Jobs*
6	Getting along with others*	Sun safety	The difference between secrets and surprises	Our local environment	
7	Friendship problems*	Allergies	Appropriate contact*		
8	Gender stereotypes*	People who help us stay healthy	My private parts are private*		Transition lesson
9			Personal boundaries*		Understanding the feelings associated with change

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	Be kind online	Recycling / reusing*	Spending choices*
2	Friendship issues and bullying*	Diet and dental health	Cyberbullying	Local community buildings and groups*	Budgeting*
3	The effects of bullying and the responsibility of the bystander	Relaxation - stretches	Share aware	Local council and democracy*	Money and emotions *
4	Stereotyping - Gender*	Wonderful me	Privacy and secrecy	Rules	Jobs and careers*
5	Stereotyping - Age/disability*	My superpowers	First Aid: Bites and stings	Rights of the child*	Gender and careers
6	Healthy friendships - boundaries	Celebrating mistakes	Choices and influences*	Human rights	
7	Learning who to trust	Communicating my feelings*	Year 3: First Aid: Emergencies and calling for help Year 4: Introducing puberty		
8	Respecting differences*	My happiness	Year 3: Road safety Year 4: Growing up		Transition lesson
9	Change and loss - bereavement*				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 - yoga	Online friendships	Breaking the law	Borrowing
2	Build a friend - what makes a good friend	The importance of rest	Staying safe online	Prejudice and discrimination	Income and expenditure
3	Respect*	Embracing failure	First Aid: Choking	Protecting the planet	Prioritising spending
4	Respecting myself	Going for goals	Alcohol	Contributing to the community	Risks with money
5	Marriage	Taking responsibility for my feelings	Drugs, alcohol and tobacco: Influences	Rights and responsibilities*	Careers*
6	Bullying	Healthy meals	Year 5: Puberty Year 6: Physical and emotional changes of puberty	Parliament and national democracy*	
7	Stereotyping	Sun safety	Year 5: Menstruation Year 6: <u>Conception</u>	Identity	
8	Challenging stereotypes		Year 5: Emotional changes in puberty Year 6: <u>Pregnancy and birth</u>	Year 6: What is identity?	Transition lesson
9				Year 6: Identity and body image	Roles and responsibilities*

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.