

PSHE and RSE Framework

The RSHE content is taught under the highlighted headings
 *Sex Education has been highlighted within the 'Changing Me' unit

	Autumn Term (1st Half)	Autumn Term (2nd Half)	Spring Term (1st Half)	Spring Term (2nd Half)	Summer Term (1st Half)	Summer Term (2nd Half)
	BEING ME IN MY WORLD	CELEBRATING DIFFERENCES	DREAMS AND GOALS	HEALTHY ME	RELATIONSHIPS	CHANGING ME (inc, Sex education)
EYFS	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live (our homes) Being a kind friend Standing up for yourself	Goal-setting Perseverance Using encouragement Jobs Feeling proud	Exercising bodies Physical activity Healthy food choices Sleep Keeping clean (hand washing) Stranger Awareness (safety)	Family life Friendships Unkind words Being a good friend, including online	Naming parts of the body Growing from babies to adults Reception Year memories Change to Year One
Year 1	Feeling special and unique Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Beginning to understand democracy	Similarities and differences between class members Understanding bullying and knowing how to deal with it Making new friends Celebrating differences in everyone	Introducing Zone of Regulation Creating a tool box for supporting emotional regulation Skills and interests of different jobs	Healthy and unhealthy differences Healthier lifestyle choices Keeping myself clean and healthy from germs Road safety Sun safety	Different types of families My special people Making friends/being a good friend Physical contact preferences People who help us My qualities as a friend and person Expressing feelings about others	Life cycles - animal and human Changes since being a baby Changes in me Linking growing with learning Coping with change
Year 2	Hopes and fears for the year Importance of rules Looking after the school environment People in the community Democracy in a school Sharing opinions on things that matter	Assumptions and stereotypes about gender Understanding bullying and difference Standing up for myself and others Making new friends Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning with others Group cooperation Sharing success Money needs and wants	Describing a range of feelings Big feelings Motivation Healthy lifestyle choices Food groups and healthy eating Brushing my teeth Relaxation and sleep Medicine safety/safety with household items	My family relationships Physical contact boundaries Friendship and conflict Secrets Trust and appreciation for special relationships	Life cycles in nature Growing from young to old Simple boy/girl stereotypes Recognise and use correct names for main parts of the body (correct terminology) Preparing for transition to Year Three

<p>Year 3</p>	<p>Self-identity and worth Positivity in challenges Rules, rights and responsibilities Positive attitude around others Community groups Democracy in the local area</p>	<p>Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful</p>	<p>Revisiting Zone of Regulations Expected and Unexpected behaviours Skills and interests in relation to jobs Risks with money (it being lost or stolen) Spending decisions on the environment</p>	<p>Benefits of exercise Fitness challenges Food labelling and healthy swaps Dental health and effects of food and drinks Keeping safe and why it's important online and off line (scenarios) Calling the emergency services Keeping safe around water Identify feelings around safety</p>	<p>Family roles and responsibilities Importance of friendship Maintaining good friendships Friendships and negotiation Being a global citizen Being aware of how my choices affect others</p>	<p>Understanding a baby's needs How my body has changed since I was a baby Keeping parts of the body private Assertiveness Relationships Education: Being Safe Preparing for Year Four</p>
<p>Year 4</p>	<p>Self-respect and happiness Behaving responsibly Being a school citizen Belonging to a group and community Human Rights/Rights of the child Democracy through school parliament</p>	<p>Challenging assumptions Judging by appearance Living in a diverse society Understanding influences Types of bullying</p>	<p>Understanding different perspectives Understanding triggers Negative self talk Keeping track of money Different jobs Career influences</p>	<p>Expressing feelings and emotions Managing feelings and getting support Safe use of medicines/household products Health risks of caffeine, cigarettes and alcohol Basic first aid techniques Fire safety at home</p>	<p>Healthier friendship groups Group dynamics Jealousy Memories of loved ones Getting on and falling out</p>	<p>Basic facts about puberty Outside body changes (boys and girls) Health Education: Changing adolescent body Feelings about change happening to me Stereotypical ideas about parenting/family roles</p>
<p>Year 5</p>	<p>Rules and the law Being a citizen Making my own behaviour choices Reducing materials for the environment Contributions people make to the community Democracy, having a voice Understanding how parliament works</p>	<p>Cultural differences Importance of a diverse, multicultural society Stereotyping Racism Rumours and name-calling Direct/indirect bullying Material wealth and happiness Respecting other cultures</p>	<p>Future dreams Identifying personal interests and strengths Jobs and careers Goals in different cultures Money choices and attitudes (value for money) Budgeting and tax</p>	<p>Taking care of my mental health Things which impact on mental health Correct use of medicines Vaccinations and immunisations Healthy lifestyle and sleep Emergency aid Body image Relationships with food Taking care of my oral hygiene Healthy lifestyle choices.</p>	<p>Self recognition and self worth Building self esteem Developing empathy and making people feel included Safer online communities Dangers of online grooming Gaming communities online Reporting concerns</p>	<p>Self and body image Emotional and physical changes of puberty Puberty for girls Puberty for boys Managing personal hygiene Health Education: Changing adolescent body</p>

<p>Year 6</p>	<p>Future goals, fears and worries Global citizenship Children's universal rights Group dynamics Inclusion, belonging and addressing extremism Understanding how the government works</p>	<p>Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Difference as celebration Empathy</p>	<p>Personal learning goals, in and out of school Having a voice - concerns about the world Making a difference in the world Emotions in success Saving and borrowing money Risk in relation to gambling (winning or losing) money</p>	<p>Taking personal responsibility Maintaining healthy sleep strategies Legal and illegal drug use How substances affect the body Peer influence and the media Exploitation, including 'county lines' and gang culture Managing stress</p>	<p>Identifying mental health worries and sources of support Love and loss - exploring grief Managing feelings Power and control Assertiveness Impact of online sharing Respecting sharing boundaries online Taking responsibility with technology use</p>	<p>Physical and emotional changes during puberty (recap) Adult relationships, including conception</p> <p><i>Health Education: Changing adolescent body</i></p> <p>Initiating conversations with people I trust Managing changes as I grow up Positive, healthy and loving relationships Managing anxieties around moving to secondary school</p>
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