

PSHE & RSE Curriculum Overview

- Self-Regulation / Feelings & Emotions
 ● Managing Self / Taking on Challenges
 ● Relationships / Families & Friends
● Safety / Listening & Following Instructions
 ● Citizenship / Community & Rights
 ● Economic Wellbeing / Money & Careers

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	● Self-Regulation: My Feelings	● Building Relationships: Special Relationships	● Managing Self: Taking on Challenges	● Self-Regulation: Listening & Following Instructions	● Building Relationships: My Friends & Family	● Managing Self: My Wellbeing
Year 1	● Families & Relationships: Explore family differences & positive friendships	● Health & Wellbeing: Personal qualities, sleep, hygiene, sun safety	● Safety & the Changing Body: Safe contact, emergencies, home hazards	● Citizenship: Rules, caring, similarities/differences, intro to democracy	● Economic Wellbeing: Money, bank safety, spending/saving/jobs	● Economic Wellbeing (continued)
Year 2	● Families & Relationships: Families, feelings, manners, self-respect	● Health & Wellbeing: Exercise, relaxation, managing emotions, growth mindset, dental hygiene	● Safety & the Changing Body: Road, online, medicines, body parts & privacy	● Citizenship: Rules, environment, community roles, school council	● Economic Wellbeing: Financial literacy, earning, wants/needs, skills	● Economic Wellbeing (continued)
Year 3	● Families & Relationships: Resolving problems, listening, bullying, stereotypes	● Health & Wellbeing: Healthy lifestyle, identity, strengths, problem-solving	● Safety & the Changing Body: Cyberbullying, digital citizenship, first aid, road safety	● Citizenship: Children's rights, rules, charities, recycling, democracy	● Economic Wellbeing: Budgeting, payment methods, jobs & careers	● Economic Wellbeing (continued)
Year 4	● Families & Relationships: Diversity, boundaries, bullying, bereavement	● Health & Wellbeing: Emotions, empathy, growth mindset, relaxation, dental hygiene	● Safety & the Changing Body: Online safety, puberty, tobacco, asthma support	● Citizenship: Human rights, environment, community roles, local government	● Economic Wellbeing: Managing money, value, careers	● Economic Wellbeing (continued)
Year 5	● Families & Relationships: Families, friendships, bullying, personal strengths	● Health & Wellbeing: Sleep, sun safety, healthy eating, emotions, goal setting	● Safety & the Changing Body: Puberty, menstruation, online safety, basic first aid	● Citizenship: Justice system, parliament, pressure groups, responsibilities, energy & community	● Economic Wellbeing: Money management, online safety, career planning	● Economic Wellbeing (continued)
Year 6	● Families & Relationships: Conflict resolution, respect, grief	● Health & Wellbeing: Diet, oral hygiene, exercise, immunisation, resilience, long-term	● Safety & the Changing Body: Online reliability, puberty, alcohol, first aid	● Citizenship: Human rights, environment, diversity, democracy	● Economic Wellbeing: Managing money, gambling risks, careers	● Economic Wellbeing (continued)