

Whole School Curriculum Overview

RSE & PSHE



Breckon Hill
Primary School

Reception	Self Regulation: My Feelings	Building Relationships: Special relationships	Managing self: Taking on Challenges	Self-regulation: Listening and following instructions	Building Relationships: My friends and family	Managing self: My Wellbeing
	Children learn to recognise, understand and manage their feelings.	Children learn about families, friendships and positive relationships, the importance of special people, fair sharing and recognising their own strengths.	Children learn about perseverance, effective communication, the importance of rules and simple coping strategies.	Children develop listening and communication skills, learning how information can change as it is passed from person to person.	Children develop sharing, turn-taking, teamwork and positive relationships while learning the qualities of a good friend and the impact of kind words.	Children learn the importance of exercise, self-care, road safety and a balanced diet for staying healthy.
Year 1	My Healthy Self	Connecting with others	The Online World	Citizenship	Health Protection	Staying Safe
	How can we look after our emotions? Children learn to recognise emotions, understand what supports their wellbeing, and use simple strategies to manage their feelings.	How can I help myself and others feel safe and happy? Children learn what makes themselves and others special, how to show respect, support one another, and resolve disagreements in families and friendships.	How do we spend time online? Children learn how to stay safe, respectful and responsible online, including how to respond to unsuitable content.	How can I help others and the environment? Children learn how to care for others and the environment, understand the importance of community rules, and make positive contributions to the world around them.	How can I protect myself and others in daily life? Children learn about illnesses, injuries, healthcare, preventing the spread of germs, and how to get help in an emergency.	How can I stay safe? Children learn how rules keep people safe, identify hazards, stay safe in everyday situations, and seek help from trusted adults when needed.
Year 2	My Healthy Self	Connecting with others	The Online World	Citizenship	Growing Up	Staying Safe
	How can we look after our bodies? Children learn how healthy choices, including exercise, sleep, healthy eating and dental care, support their health and wellbeing.	How can I build safe, kind and caring relationships with others? Children learn about families, communities, kindness, respect, bullying, personal boundaries and seeking help from trusted adults.	How can we stay safe online? Children learn how to use the internet safely by protecting personal information, recognising unreliable content and responding safely online.	How do people belong to a community and earn money? Children learn about communities, belonging, fair decision-making, and where money comes from and how it is earned.	How can we look after and respect our bodies as we grow? Children learn about growing and changing, personal privacy and boundaries, correct body-part names, and seeking help from trusted adults.	How can I make safe choices in different places? Children learn to recognise unsafe situations, understand appropriate behaviour and touch, say no, and seek help from trusted adults.
Year 3	My Healthy Self	Connecting with others	The Online World	Citizenship	Health Protection	Citizenship
	How can I take care of my mind and body? Children learn about emotions, the link between mental and physical wellbeing, healthy sleep, the impact of bullying, and where to get support.	What helps us feel safe and included? Children develop self-confidence, recognise supportive relationships, repair friendships, and identify and respond to bullying.	How should we communicate online? Children learn to communicate safely and respectfully online, recognise unsafe situations and respond appropriately to online bullying.	What rights and responsibilities do we have? Children learn about rights, responsibilities, citizenship, caring for the environment, and the role of local councils.	How can we prevent illness and injury and respond if they happen? Children learn how healthy habits, medicines and healthcare protect wellbeing, including basic first aid and when to call 999.	What careers do people choose and why? Children learn about careers, aspirations, equality, and how interests, strengths and stereotypes can influence career choices.

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Year 4	My Healthy Self	Connecting with others	The Online World	Citizenship	Growing Up	Staying Safe
	How can I make healthy choices? Children learn how healthy choices, a growth mindset and kindness support physical and mental wellbeing.	How can we respect each other? Children learn about respectful behaviour, building trust, resolving friendship problems, responding to bullying, and challenging stereotypes.	How can we decide what to trust online? Children develop critical thinking by evaluating online information, identifying misleading content and checking reliable sources.	How can I spend money wisely? Children learn about managing money, budgeting, value for money and making informed financial decisions.	How will my body and emotions change as I grow up? Children learn about the physical and emotional changes of puberty and understand that everyone develops at their own pace.	What signs help me recognise what is safe or unsafe? Children learn personal safety skills, including road and water safety, recognising hazards, and seeking help in emergencies.
Year 5	My Healthy Self	Connecting with others	The Online World	Citizenship	Growing Up	Citizenship
	How can I support my mind and body as I grow? Children learn how healthy choices, physical activity and self-regulation support wellbeing, and when to seek support.	Why are healthy relationships important? Children learn about identity, values, family relationships, healthy friendships, and where to seek help if they feel unsafe.	How am I influenced by what I see online? Children learn how online content can influence choices, recognise scams, and use critical thinking to make safe and informed decisions.	How can we make a difference in our communities and beyond? Children learn about active citizenship, how communities create change, and the roles of councillors, MPs and community groups.	How can I manage the changes to my body and emotions as I grow up? Children learn about puberty changes, personal hygiene, respect, boundaries and sources of support.	How can we be in control of our money? Children learn about budgeting, needs and wants, borrowing, interest, safe money management, and the risks of online spending and gambling.
Year 6	My Healthy Self	Connecting with others	The Online World	Citizenship	Staying Safe	First Aid
	How do my choices today shape my future health? Children learn about dental care, healthy choices, growth mindset, resilience, and how habits affect wellbeing and success.	What does it mean to stand up for myself and others? Children develop self-respect and resilience, learn to set boundaries, challenge discrimination and bullying, and seek support when needed.	How do I feel about the things I see online? Children learn how online experiences affect wellbeing, recognise risks and respond safely to online bullying and harmful behaviour.	How can we protect everyone's rights? Children learn about human rights, laws, fairness, equality, and how to challenge prejudice and discrimination.	How can I stay safe as I grow up? Children learn about risks, safety, consent, boundaries, peer pressure and making safer choices.	