

Buglawton Primary School RSE & PSHE Overview



| | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|---------------------------------|--|--|---|--|---|---|
| Family and relationships | Introduction to RSE What is family? What are friendships? Family and friends help and support each other Making friends Friendship problems • Healthy Friendships | Introduction to RSE Families offer stability and love Families are all different Managing friendships Unhappy friendships Valuing me Manners & courtesy Loss and change | Introduction to RSE Healthy families Friendships conflict Effective communication Learning who to trust Respecting differences Stereotyping | Introduction to RSE Respect & manners Healthy friendships My behaviour Bullying Stereotypes Families in the wider world Loss and change | Introduction to RSE Build a friend Resolving conflict Respecting myself Family life Bullying | Introduction to RSE Respect Developing respectful relationships Stereotypes Bullying Being me Loss and change |
| Safety and the changing body | Getting lost Making a call to the emergency services Asking for help Appropriate contact Medication Safety at home People who help to keep us safe | The Internet Communicating online Secrets and surprises Appropriate contact Road safety Drug education | Basic first aid Communicating safely online Online safety Fake emails Drugs, alcohol & tobacco Keeping safe out and about | Online restrictions Share aware Basic first aid Privacy and secrecy Consuming information online The changing adolescent body (puberty) | Online friendships Identifying online dangers The changing adolescent body (puberty, including menstruation) First aid Drug education | Drugs alcohol & tobacco First aid Critical digital consumers Social media The changing adolescent body (puberty, conception, birth) |
| Health and wellbeing | Wonderful me What am I like? Ready for bed Relaxation Hand washing & personal hygiene Sun safety Allergies People who help us stay healthy | Experiencing different emotions Being active Relaxation Steps to success Growth mindset Healthy diet Dental health | My healthy diary Relaxation Who am I? My superpowers Breaking down barriers Dental health | Diet and dental health Visualisation Celebrating mistakes My role My happiness Emotions Mental health | Relaxation The importance of rest Embracing failure Going for goals Taking responsibility for my feelings Healthy meals Sun safety | What can I be? Mindfulness Taking responsibility for my health Resilience toolkit Immunisation Health concerns Creating habits The effects of technology on health |



© Kapow Primary™ 2021

RSE & PSHE Overview

| | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|-----------------------|--|--|--|--|--|--|
| Citizenship | Responsibility Rules Caring for others: Animals The needs of others Community Similar, yet different Belonging Democracy Democratic decisions | Responsibility Rules beyond school Our school environment Our local environment Our local environment Dob roles in our local community Similar yet different: My local community Democracy School Council Giving my opinion | Responsibility Rights of the child Rights and responsibilities Recycling Community Local community groups Charity Democracy Local democracy Rules | Responsibility What are human rights? Caring for the environment Community Community groups Contributing Diverse communities Democracy Local councillors | Responsibility Breaking the law Rights and responsibilities Protecting the planet Community Contributing to the community Pressure groups Democracy Parliament | Responsibility Human rights Food choices and the environment Caring for others Community Prejudice and discrimination Valuing diversity Democracy National democracy |
| Economic wellbeing | Money Introduction to money Looking after money Banks and building societies Saving and spending Career and aspirations • Jobs in school | Money Where money comes from Needs and wants Wants and needs Looking after money Career and aspirations Jobs | Money Ways of paying Budgeting How spending affects others Impact of spending Career and aspirations Jobs and careers Gender and careers | Money Spending choices/value for money Keeping track of money Looking after money Looking after money Career and aspirations Influences on career choices Jobs for me | Money Borrowing Income and expenditure Risks with money Prioritising spending Career and aspirations Stereotypes in the workplace | Money Attitudes to money Keeping money safe Gambling Career and aspirations What jobs are available Career routes |
| Transition | 1 lesson | 1 lesson | 1 lesson | 1 lesson | 1 lesson | 1 lesson |

| Identity | | | What is identityIdentity and body |
|----------|--|--|--|
| | | | image |

© Kapow Primary™ 2021