



Woodhouse Primary School PSHE/ RSE Curriculum Overview

Nursery	I am me Understanding feelings and being part of a new class. How to be gentle	Am I the same as you? Identifying talents, being special and talking about families and where we live	Look at what I can do. Challenges, persevering and overcoming obstacles.	I am healthy Exercise, healthy food, sleep, hygiene and safety	How I get on with others Family life, friendships, falling out, dealing with bullying and being a good friend	I am changing Bodies, growing up, fun and fears and celebrations
Reception	Self-regulation: My Feelings Learning to explore and understand our feelings, identify when they might be feeling something and begin learning how to communicate and cope with their feelings and emotions.	Building Relationships: Special Relationships Exploring why families and special people are valuable. Understanding why it is important to share and developing strategies to help with this, seeing themselves as valuable individuals and exploring diversity by recognising similarities and differences.	Managing Self: Taking on Challenges Considering why we have rules and the importance of persistence and perseverance in the face of challenges, learning how to communicate effectively with others, practising 'grounding' coping strategies.	Self-regulation: Listening and Following Instructions Listening to stories to practise their comprehension skills, playing games which require them to listen carefully to instructions to succeed, considering how rumours can spread quickly and change as they do so.	Building Relationships: My Family and Friends Exploring cultural festivals. Reinforcing the importance of sharing and turn taking through role-play, considering the ingredients for a good friend, exploring how kind words make others feel good, recognising the value in working together as a team.	Managing Self: My Wellbeing Learning why exercise is important for our physical/ mental health, considering the effect of exercise on the body, discussing some of the ways in which we can take care of ourselves, learning how to travel safely as a pedestrian, considering the importance of making balanced food choices.
Year One	Family and Relationships Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, that people show feelings differently and that stereotyping is unfair.	Health and Wellbeing, Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of handwashing and sun protection, dealing with allergic reactions and people in the community who keep us healthy.	Safety and the Changing Body Learning how to respond to adults in different situations; distinguishing appropriate an inappropriate contact; understanding what to do if lost and how to call the emergency services; identifying hazards in the home and people in the community who keep us safe.	Citizenship, Learning about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy.	Economic Wellbeing Learning about what money is and where it comes from. How to keep cash safe, the function of banks and building societies, spending, saving and some roles in and out of school.	
Year Two	Family and Relationships Learning: that families are composed of different people who offer each other care and support; how other people show their feelings and how to respond. Looking at conventions of manners and developing an understanding of self-respect.	Health and Wellbeing, Learning: about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals, developing a growth mindset and understanding dental hygiene.	Safety and the Changing Body Developing understanding of safety: roads and medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.	Citizenship Learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school councils work and voicing an opinion.	Economic Wellbeing Learning about where money comes from, how to look after money, how we use money and looking at careers and jobs.	
Year Three	Family and Relationships Learning: how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist.	Health and Wellbeing Understanding that a healthy lifestyle includes physical activity, a balanced diet, rest and relaxation; exploring identity through groups we belong to and how our strengths can be used to help others; learning how to solve problems by breaking them down.	Safety and the Changing Body Learning how to: call the emergency services; responding to bites and stings; be a responsible digital citizen; learning about: cyberbullying, identifying unsafe digital content; influences and making independent choices and an awareness of road safety	Citizenship Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy.	Economic Wellbeing Introduction to creating a budget and learning about: the different ways of paying, the emotional impact of money, the ethics of spending and thinking about potential jobs and stereotypes.	
Year Four	Family and Relationships Learning that families are varied and differences must be respected; understanding: physical and emotional boundaries in friendships; the roles of bully, victim and bystander; how behaviour affects others; appropriate manners and bereavement.	Health and Wellbeing Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming activities and developing independence in dental hygiene.	Safety and the Changing Body Building awareness of online safety and benefits and risks of sharing information online; the difference between private and public; age restrictions; the physical and emotional changes in puberty; the risks associated with tobacco and how to help someone with asthma.	Citizenship Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.	Economic Wellbeing Exploring: choices associated with spending, what makes something good value for money, stereotypes in the workplace, career aspirations and what influences career choices	
Year Five	Family and Relationships Developing an understanding: of families, including marriage, of what to do if someone feels unsafe in their family; that issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our attributes.	Health and Wellbeing Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation.	Safety and the Changing Body Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.	Citizenship An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community	Economic Wellbeing Developing understanding about income and expenditure, borrowing, risks with money, career choices, finance and feelings, stereotypes in the workplace.	
Year Six	Family and Relationships Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief.	Health and Wellbeing Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals.	Safety and the Changing Body Learning about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.	Citizenship Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.	Economic Wellbeing Exploring: attitudes to money, how to keep money safe, banks and organisations, the risks of gambling, career paths and the variety of different jobs available. Identity Two lessons on the theme of personal identity and body image.	

At the end of the year we also focus on Transition in our PSHE lessons