



Northowram Primary School **RSE & PSHE** Curriculum Overview (from September 2021)

Year Group		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Family and relationships	<ul style="list-style-type: none"> • Introduction to RSE • What is family? • What are friendships? • Family and friends help and support each other • Making friends • Friendship problems • Healthy Friendships 	<ul style="list-style-type: none"> • Introduction to RSE • Families offer stability and love • Families are all different • Managing friendships • Unhappy friendships • Valuing me • Manners & courtesy • Loss and change 	<ul style="list-style-type: none"> • Introduction to RSE • Healthy families • Friendships - conflict • Effective communication • Learning who to trust • Respecting differences • Stereotyping 	<ul style="list-style-type: none"> • Introduction to RSE • Respect & manners • Healthy friendships • My behaviour • Bullying • Stereotypes • Families in the wider world • Loss and change 	<ul style="list-style-type: none"> • Introduction to RSE • Build a friend • Resolving conflict • Respecting myself • Family life • Bullying 	<ul style="list-style-type: none"> • Introduction to RSE • Respect • Developing respectful relationships • Stereotypes • Bullying • Being me • Loss and change
Autumn 2	Safety and the changing body	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • The Internet • Communicating online • Secrets and surprises • Appropriate contact • Road safety • Drug education 	<ul style="list-style-type: none"> • Basic first aid • Communicating safely online • Online safety • Fake emails • Drugs, alcohol & tobacco • Keeping safe 	<ul style="list-style-type: none"> • Online restrictions • Share aware • Basic first aid • Privacy and secrecy • Consuming information online • The changing adolescent body (puberty) 	<ul style="list-style-type: none"> • Online friendships • Identifying online dangers • The changing adolescent body (puberty, including menstruation) • First aid • Drug education 	<ul style="list-style-type: none"> • Drugs alcohol & tobacco • First aid • Critical digital consumers • Social media • The changing adolescent body (puberty, conception, birth)
Spring 1	Health and wellbeing	<ul style="list-style-type: none"> • Wonderful me • What am I like? • Ready for bed • Relaxation • Hand washing & personal hygiene • Sun safety • Allergies 	<ul style="list-style-type: none"> • Experiencing different emotions • Being active • Relaxation • Steps to success • Growth mindset • Healthy diet 	<ul style="list-style-type: none"> • My healthy diary • Relaxation • Who am I? • My superpowers • Breaking down barriers • Dental health 	<ul style="list-style-type: none"> • Diet and dental health • Visualisation • Celebrating mistakes • My role • My happiness • Emotions 	<ul style="list-style-type: none"> • Relaxation • The importance of rest • Embracing failure • Going for goals • Taking responsibility for my feelings 	<ul style="list-style-type: none"> • What can I be? • Mindfulness • Taking responsibility for my health • Resilience toolkit • Immunisation • Health concerns

		<ul style="list-style-type: none"> • People who help us stay healthy 	<ul style="list-style-type: none"> • Dental health 		<ul style="list-style-type: none"> • Mental health 	<ul style="list-style-type: none"> • Healthy meals • Sun safety 	<ul style="list-style-type: none"> • Creating habits • The effects of technology on health
Spring 2	Citizenship	<p>Responsibility Rules Caring for others: Animals The needs of others</p> <p>Community Similar, yet different Belonging</p> <p>Democracy Democratic decisions</p>	<p>Responsibility Rules beyond school Our school environment Our local environment</p> <p>Community Job roles in our local community Similar yet different: My local community</p> <p>Democracy School Council Giving my opinion</p>	<p>Responsibility Rights of the child Rights and responsibilities Recycling</p> <p>Community Local community groups Charity</p> <p>Democracy Local democracy Rules</p>	<p>Responsibility What are human rights? Caring for the environment</p> <p>Community Community groups Contributing Diverse communities</p> <p>Democracy Local councillors</p>	<p>Responsibility Breaking the law Rights and responsibilities Protecting the planet</p> <p>Community Contributing to the community Pressure groups</p> <p>Democracy Parliament</p>	<p>Responsibility Human rights Food choices and the environment Caring for others</p> <p>Community Prejudice and discrimination Valuing diversity</p> <p>Democracy National democracy</p>
Summer 1 & Part of Summer 2	Economic wellbeing	<p>Money Introduction to money Looking after money Banks and building societies Saving and spending</p> <p>Career and aspirations Jobs in school</p>	<p>Money Where money comes from Needs and wants Wants and needs Looking after money</p> <p>Career and aspirations Jobs</p>	<p>Money Ways of paying Budgeting How spending affects others Impact of spending</p> <p>Career and aspirations Jobs and careers Gender and careers</p>	<p>Money Spending choices/ value for money Keeping track of money Looking after money</p> <p>Career and aspirations Influences on career choices Jobs for me</p>	<p>Money Borrowing Income and expenditure Risks with money Prioritising spending</p> <p>Career and aspirations Stereotypes in the workplace</p>	<p>Money Attitudes to money Keeping money safe Gambling</p> <p>Career and aspirations What jobs are available Career routes</p>

Summer 2	Transition Identity	Transition	Transition	Transition	Transition	Transition	Transition What is identity Gender identity Identity and body image
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