Freehold RSE and PSHE Curriculum

2024-2025

An Overview

We teach RSE and PSHE using Kapow Primary.

Our scheme fulfils the statutory requirements for Relationships and Health Education set out by the Department for Education. It also fulfils the National Curriculum requirement to teach PSHE ('All schools should make provision for personal, social, health and economic education) and goes beyond the statutory requirements by referring to the PSHE Association Programme of Study (recommended by the Department for Education.)

When this RSE & PSHE scheme of work is taught in conjunction with our Computing scheme, it also covers the government's Education for a Connected World -2020 edition framework (see our Education for a Connected World framework mapping) and helps schools to meet the non-statutory guidance requirements of Teaching online safety in schools.(2023, See our Teaching online safety in schools mapping).

When developing this scheme to ensure it meets the needs of our children, our Vision, Commitment, Principles, Values and Expectations have also been considered.

Our Vision – to be a great school at the heart of our community

This informed our decision to ensure we had a strand of citizenship within our curriculum. This strand links specifically to our community and all children in school will learn about what it means to be part of different communities, how communities need to work together and how we can look after and be safe within the communities we live in. If we are going to be 'a great school at the heart of the community' then we need to ensure children can thrive within one.

Our Commitment – Growing together on our learning journey

Children will study units of work where they can consider how they can grow as learners and as citizens.

Our Values – The Freehold Five (some examples of links)

Resilience	Ambitious	Courage	Curious	Kindness
Learning strategies for dealing with mental and physical health	Learning about different career choices	Learning how to deal with conflict and bullying	Learning new skills such as First Aid, budgeting and saving money	Learning how to form respectful relationships

Our Principles

This curriculum links to many different elements of our Principles. Through the content of lessons specifically linked to jobs and careers, we will be broadening the children's horizons and hopefully igniting an interest in specific areas that may improve their life ambition. Each unit of work is linked to developing the whole child so they are able to flourish in society – this links heavily to Principle 3. Within lessons children will also be able express their thoughts and feelings linked to a range of contexts.

Provide children with **opportunities** and **experiences** which will **broaden their horizons**, ignite individual **talents** and **interests** in order to **improve life ambition.**	Provide children with **knowledge rich** curriculum underpinned by **high quality texts** so that they **know more** and **remember more enabling** future learning to be a **success.**	Provide children with safe space to develop their **own identify**, a **sense of belonging** and the ability to **accept diversity** within society in order to be **respectful** and well rounder **citizens.**	Provide children with **ambitious vocabulary, language structures** and chances for **oral discussion** so that they become **successful communicators** and are able to express their **thoughts, feelings** and **opinions.**

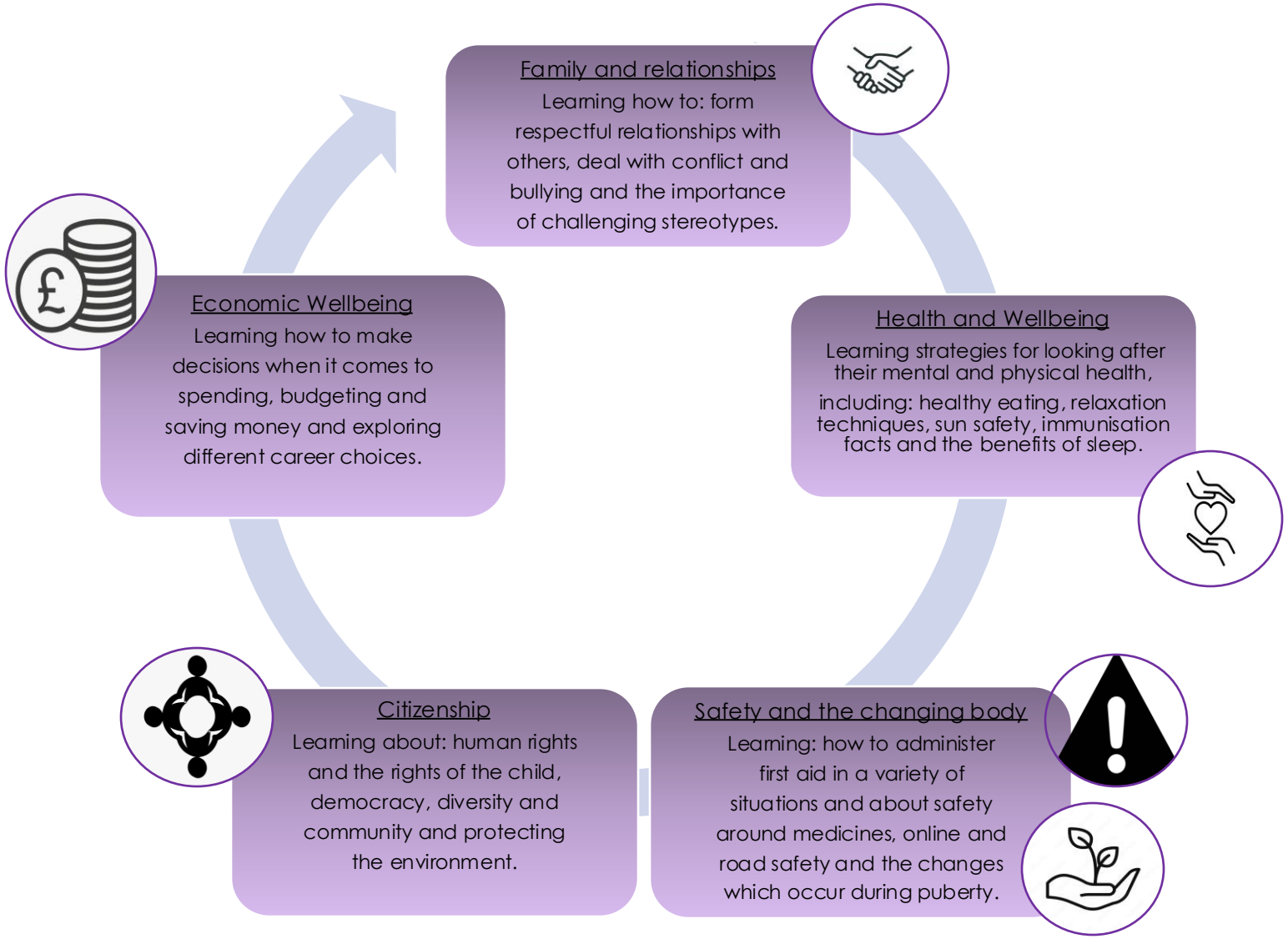
Sex Education

Sex education is not compulsory in primary schools, beyond what is laid out in the National Curriculum for Science:

- Year 1: Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.
- Year 2: Notice that animals, including humans, have offspring which grow into adults.
- Year 5: Describe the life process of reproduction in some plants and animals; describe the changes as humans develop to old age [They should learn about the changes experienced in puberty.

At Freehold, we do not teach any additional lessons linked to sex education.

RSE and PSHE Key Concepts - Summary



RSE and PSHE Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	My feelings	Special Relationships	Listening and Following Instructions	Taking on Challenges	My Family and Friends	Special Relationships
Reception	My Feelings	Special Relationships	Taking on Challenges	Listening and Following Instructions	My Family and Friends	Special Relationships
Year 1	Introduction lesson Family and relationships	Health and Wellbeing	Health and Wellbeing Safety	Safety Citizenship	Citizenship	Citizenship Economic Wellbeing Transition lesson
Year 2	Introduction lesson Family and relationships	Health and Wellbeing	Health and Wellbeing Safety	Safety Citizenship	Citizenship	Citizenship Economic Wellbeing Transition lesson
Year 3	Introduction lesson Family and relationships	Family and relationships Health and Wellbeing	Health and Wellbeing Safety	Safety Citizenship	Citizenship	Citizenship Economic Wellbeing Transition lesson
Year 4	Introduction lesson Family and relationships	Family and relationships Health and Wellbeing	Health and Wellbeing Safety	Safety Citizenship	Citizenship	Citizenship Economic Wellbeing Transition lesson
Year 5	Introduction lesson Family and relationships	Family and relationships Health and Wellbeing	Health and Wellbeing Safety	Safety Citizenship	Citizenship	Economic Wellbeing Transition lesson
Year 6	Introduction lesson Family and relationships Health and Wellbeing	Health and Wellbeing	Safety and the changing body	Safety and the changing body Citizenship	Health and Wellbeing	Economic Wellbeing Transition lesson

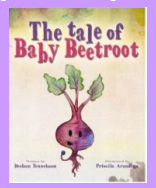
Growing together on our learning journey

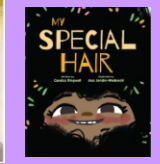
	Family and Relationships	Health and Wellbeing	Safety and the changing body	Citizenship	Economic wellbeing
Nursery	To begin to accept the needs of others and take turns and share resources, sometimes with support from others; Aware of own feelings, and knows that some actions and words can hurt others' feelings	Expresses their own feelings such as sad, happy, cross, scared, worried; Confidently talks to other children when playing, and will communicate freely about own home and community. Able to tolerate delay when needs are not immediately met, and understands wishes may not always be met;	Able to tolerate delay when needs are not immediately met, and understands wishes may not always be met;. Usually able to adapt behaviour to different events, social situations and changes in routine.	Knowing some of the things that make them unique, and talking about some of the similarities and differences in relation to friends or family. Recognising and describing special times or events for family or friends (UW)	
Reception	To know that we share toys so that everyone feels involved and no one feels left out. To understand that different people like different things. To understand that all people are valuable	To know that having a colourful diet is one way to stay healthy. To know that exercise means moving our bodies and is important. To name some different feelings and emotions. To know that I am a valuable individual. To know about facial expressions. To know I can learn from mistakes. To know strategies to calm down.	To know that some rules are in place to keep us safe. To know how to behave safely on the pavement and when crossing roads with an adult.	To understand that we all have similarities and difference and that makes us special. To know that we all have different beliefs and celebrate special time sin different ways.	
Year 1	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.	Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, dealing with allergic reactions and people in the community who keep us healthy.	Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical 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.	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.	Learning about what money is and where it comes from, how to keep cash safe, the function of banks and building societies, spending and saving and some job roles in and out of school.
Year 2	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.	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.	Developing understanding of safety: roads and medicines and an introduction to online safety; distinguishing secrets from surprises; looking at the concept of privacy.	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.	Learning about where money comes from, how to look after money, how we use money and looking at careers and jobs.
Year 3	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.	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.	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.	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.	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 4	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.	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	Building awareness of online safety and benefits and risks of sharing information online; the difference between private and public; age restrictions; the risks associated with tobacco and how to help someone with asthma.	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.	Exploring: choices associated with spending, what makes something good value for money, stereotypes in the workplace, career aspirations and what influences career choices.
Year 5	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.	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.	learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.	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.	Developing understanding about income and expenditure, borrowing, risks with money, career choices, finance and feelings, stereotypes in the workplace.
Year 6	Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief.	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.	Learning about: the reliability of online information, the changes experienced during puberty, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.	Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.	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.

Books to support PSED – Nursery

My Family and Friends















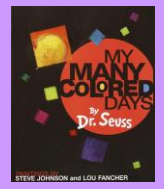
My feelings















Special relationships









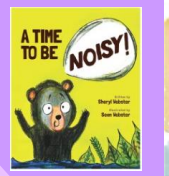


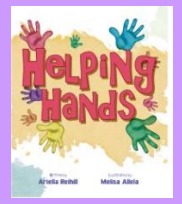




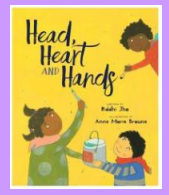


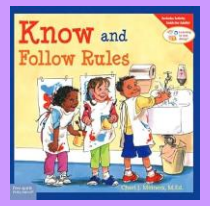
Listening and Following Instructions



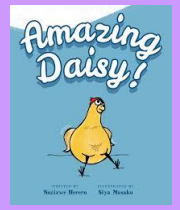


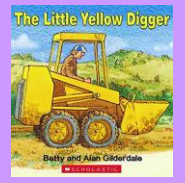


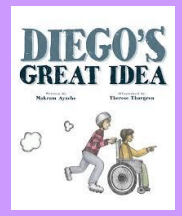




Taking on challenges







RSE and PSHE Coverage – Reception

Personal, social and emotional development is one of the three Prime Areas in the statutory framework for the Early Years Foundation Stage. The prime areas of communication and language, physical development and personal, social and emotional development lay the foundations for children to achieve in all areas of learning and life. The early learning goals (ELG) below summarise the knowledge, skills and understanding that all young children should have gained by the end of the reception year in the personal, social and emotional development prime area.
We have organised our EYFS Reception content under the most relevant early learning goal, however please be aware that these areas are interrelated.

ELG: Self regulation

Children at the expected level of development will: -Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; -Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; -Give focused attention to what the teacher says, responding appropriately even when engaged in an activity, and show an ability to follow instructions involving several ideas or actions.

Kapow Primary unit: My feelings

Kapow Primary unit: Listening and following instructions

ELG: Self regulation

Children at the expected level of development will: -Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; -Explain the reasons for rules, know right from wrong and try to behave accordingly; -Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

Kapow Primary unit: Taking on challenges

Kapow Primary unit: My Wellbeing

ELG: Self regulation

Children at the expected level of development will: -Work and play cooperatively and take turns with others; -Form positive attachments to adults and friendships with peers; -Show sensitivity to their own and to others' needs.

Kapow Primary unit: Special Relationships

Kapow Primary unit: My family and Friends

RSE and PSHE Weekly Overview – Reception 2024-2025

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Week 1 Identify my feelings	Week 1 My family	Week 1 Simon says	Week 1 Why do we have rules?	Week 1 Festivals	Week 1 What is exercise?
Week 2 Feelings jars	Anti Bullying Week	Week 2 Listening to a story	Week 2 Building towers	Week 2 Sharing	Week 2 Yoga and relaxation
Week 3 Coping strategies	Week 3 Special people	Week 3 Pass the whisper	Week 3 Team den building	Week 3 What makes a good friend?	Week 3 Looking after ourselves
Week 4 Describing feelings	Week 4 Sharing	Week 4 Obstacle race / blindfold walk	Week 4 Grounding	Mental Health Awareness Week	Week 4 being a safe pedestrian
Week 5 Facial expressions	Week 5 I am unique	Children's Mental Health Week	Week 5 Team races	Week 5 Teamwork	Week 5 Eating healthily
Week 6 Creating a calm corner	Week 6 My interests	Week 6 Treasure hunt	Week 6 Circus skills		Week 6 A rainbow of food
	Week 7 Similarities and differences				

Growing together on our learning journey

RSE and PSHE Key Content of Concepts – Year 1

Family and relationship

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 hand washing and sun protection, dealing with allergic reactions and people in the community who keep us healthy

Safety

Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical 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 and saving and some job roles in and out of school.

Growing together on our learning journey

RSE and PSHE Weekly Overview – Year 1 2024-2025

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Week 1 Introductory lesson	Week 1 Understanding my emotions	Week 1 Allergies	Week 1 Making an emergency phone call	Week 1 Caring for others	Week 1 Democratic decisions
Week 2 What is a family?	Anti Bullying Week	Week 2 People who keep us healthy	Week 2 Appropriate contact	Week 2 The needs of others	Week 2 What is money?
Week 3 What are friends?	Week 3 What am I like?	Week 3 Adults in school	Week 3 Safety with substances	Week 3 Similar, yet different	Week 3 Keeping money safe
Week 4 Other people's emotions	Week 4 Ready for bed	Week 4 Adults outside school	Week 4 Safety at home	Mental Health Awareness Week	Week 4 What is a bank?
Week 5 Working with others	Week 5 Relaxation	Children's Mental Health Week	Week 5 People who help keep us safe	Week 5 Belonging	Week 5 Saving and spending
Week 6 Friendship problems	Week 6 Handwashing and personal hygiene	Week 6 Getting lost	Week 6 Rules		Week 6 Jobs (combine Lesson 5 and 6)
Week 7 Healthy friendships	Week 7 Sun Safety				Transition lesson – individual strengths and new skills
Week 8 Gender stereotypes					

Growing together on our learning journey

RSE and PSHE Key Content of Concepts – Year 2

Family and relationship
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
Developing understanding of safety: roads and medicines and an introduction to online safety; distinguishing secrets from surprises; 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

Growing together on our learning journey

RSE and PSHE Weekly Overview – Year 2 2024-2025

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Week 1 Introductory lesson	Week 1 Different emotions	Week 1 Looking after our teeth	Week 1 My personal boundaries	Week 1 Our school environment	Week 1 Giving my opinion
Week 2 Stability and love	Anti Bullying Week	Week 2 Introduction to the internet	Week 2 Road safety	Week 2 Our local environment	Week 2 Where does money come from?
Week 3 Families are all different	Week 3 Being active	Week 3 Communicating online	Week 3 Crossing roads safely	Week 3 Job roles in our community	Week 3 Exploring wants and needs (lesson 2 and 3)
Week 4 Other people's feelings	Week 4 Relaxation - breathing	Week 4 Secrets and surprises	Week 4 Staying safe with medicine	Mental Health Awareness Week	Week 4 Bank cards and accounts
Week 5 Unhappy friendships	Week 5 Steps to success	Children's Mental Health Week	Week 5 Rules beyond school	Week 5 Similar, yet different – my local community	Week 5 My skills and talents
Week 6 Manners and courtesy	Week 6 Growth mindset	Week 6 Appropriate contact: PANTS (NSPCC)			Week 6 Everyone is welcome
Week 7 Change and loss	Week 7 Healthy diet				Transition lesson – change
Week 8 Gender stereotypes – careers and jobs					

Growing together on our learning journey

RSE and PSHE Key Content of Concepts – Year 3

Family and relationship
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
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.

Growing together on our learning journey

RSE and PSHE Weekly Overview – Year 3 2024-2025

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Week 1 Introductory lesson	Week 1 Stereotyping age	Week 1 Communicating my feelings	Week 1 Cyberbullying	Week 1 Rights and responsibilities	Week 1 Rules
Week 2 Healthy families	Anti Bullying Week	Week 2 Diet and dental health	Week 2 Fake emails	Week 2 Recycling	Week 2 How do people pay for things?
Week 3 Friendship conflict	Week 3 My healthy diary	Week 3 First Aid – Calling for help	Week 3 Making choices	Week 3 Local community groups	Week 3 What does budgeting mean?
Week 4 Friendship conflict vs bullying	Week 4 Relaxation	Week 4 First Aid – bites and stings	Week 4 Influences	Mental Health Awareness Week	Week 4 What happens when people spend money?
Week 5 Effective communication	Week 5 Wonderful me	Children's Mental Health Week	Week 5 Keeping safe out and about	Week 5 Local democracy	Week 5 What careers do people have?
Week 6 Who to trust	Week 6 My superpowers	Week 6 Be kind online	Week 6 Rights of the child		Week 6 Can anyone be anything?
Week 7 Respecting differences	Week 7 Resilience				Transition lesson – coping strategies
Week 8 Stereotyping gender					

Growing together on our learning journey

RSE and PSHE Key Content of Concepts – Year 4

Family and relationship
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
Building awareness of online safety and benefits and risks of sharing information online; the difference between private and public; age restrictions; 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.
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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.

RSE and PSHE Weekly Overview – Year 4 2024-2025

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Week 1 Introductory lesson	Week 1 Change and loss	Week 1 Emotions	Week 1 Privacy and secrecy	Week 1 Caring for the environment	Week 1 Local councillors
Week 2 Respect and manners	Anti Bullying Week	Week 2 Mental health	Week 2 Consuming information online	Week 2 Community	Week 2 What is value for money?
Week 3 Healthy friendships	Week 3 Looking after our teeth	Week 3 Age restrictions	Week 3 Tobacco	Week 3 Contributing	Week 3 Why keep track of money?
Week 4 How my behaviour affects others	Week 4 Relaxation - visualisation	Week 4 Share aware	*Lessons linked to needs of class*	Mental Health Awareness Week	Week 4 What ways are there to look after money?
Week 5 Bullying	Week 5 Celebrating mistakes	Children's Mental Health Week	*Lessons linked to needs of class*	Week 5 Diverse communities	Week 5 What influences career choices?
Week 6 Stereotypes gender	Week 6 Meaning and purpose – my role	Week 6 First aid - asthma	Week 6 What are human rights?		Week 6 Why make a career change?
Week 7 Stereotypes disability	Week 7 My happiness				Transition lesson – Setting goals
Week 8 Families in the wider world					

Growing together on our learning journey

RSE and PSHE Key Content of Concepts – Year 5

Family and relationship
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.
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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 Learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.
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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.
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Economic Wellbeing
Developing understanding about income and expenditure, borrowing, risks with money, career choices, finance and feelings, stereotypes in the workplace.
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Growing together on our learning journey

RSE and PSHE Weekly Overview – Year 5 2024-2025

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Week 1 Introductory lesson	Week 1 Race and religion	Week 1 Healthy meals	Week 2 Alcohol, drugs and tobacco	Week 1 Contributing to the community	Week 1 Why needs over wants?
Week 2 Build a friend	Anti Bullying Week	Week 2 Sun safety	Week 3 Breaking the law	Week 2 Pressure groups	Week 2 What is a weekly budget?
Week 3 Friendship skills	Week 3 Relaxation – yoga	Week 3 Online friendships	Week 4 Rights and responsibilities	Week 3 Parliament	Week 3 What is borrowing and loaning?
Week 4 Marriage	Week 4 Importance of rest	Week 4 Staying safe online	Week 5 Protecting the planet	Mental Health Awareness Week	Week 4 What are the risks of handling money online?
Week 5 Respecting myself	Week 5 Embracing failure	Children's Mental Health Week		Week 5 Parliament - extension	Week 5 Why challenge workplace stereotypes?
Week 6 Family life	Week 6 Going for goals	Week 6 First aid – bleeding and head injuries			Week 6 What makes a suitable career?
Week 7 Bullying	Week 7 Taking responsibility for my feelings				Transition lesson – roles and responsibilities
Week 8 Stereotyping - gender					

Growing together on our learning journey

RSE and PSHE Key Content of Concepts – Year 6

Family and relationship
Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief.
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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, 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.
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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.
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Growing together on our learning journey

RSE and PSHE Weekly Overview – Year 6 2024-2025

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Week 1 Introductory lesson	Week 1 Relaxation - mindfulness	Week 1 Alcohol	Week 1 First Aid – basic life support	Week 1 Resilience toolbox	Week 1 Feelings about money
Week 2 Respect	Anti Bullying Week	Week 2 Critical digital customers	Week 2 Human rights	Week 2 Resilience toolbox	Week 2 How do people keep money safe?
Week 3 Respectful relationships	Week 3 Taking responsibility for my health	Week 3 Social media	Week 3 Food choices and the environment	Week 3 Resilience toolbox	Week 3 What is borrowing and loaning?
Week 4 Stereotypes - attitudes	Week 4 Impact of technology on health	Week 4 First Aid - choking	Week 4 Caring for others	SATS Week Mental Health Awareness Week	Week 4 Money responsibilities at secondary
Week 5 Challenging stereotypes	Week 5 Immunisation	Children's Mental Health Week	Week 5 Prejudice and discrimination/valuing diversity (lessons 4 and 5)	Week 5 Parliament - extension	Week 5 What is a workplace?
Week 6 Resolving conflict	Week 6 Good and bad habits	**Y6 will have a nurse visit to deliver a lesson on puberty**	Week 6 National democracy		Week 6 What career routes are there?
Week 7 Change and loss	Week 7 Physical health concerns				Transition lesson – Dealing with change
Week 8 What can I be?					

Growing together on our learning journey