

*Nurturing Knowledge:
Learning for Life*



Courtwood Primary School



PSHE & RSHE Curriculum

PSHE & RSHE Overview

	Autumn Term	Spring Term	Summer Term
	Core Theme 1: Relationships	Core Theme 2: Living in the Wider World	Core Theme 3: Health and Wellbeing
Reception			
Year 1	Families and Friendships Safe relationships Respecting ourselves and others	Belonging to a community Media literacy and digital resilience Money and work	Physical health and mental wellbeing Growing and changing Keeping safe
Year 2	Families and Friendships Safe relationships Respecting ourselves and others	Belonging to a community Media literacy and digital resilience Money and work	Physical health and mental wellbeing Growing and changing Keeping safe
Year 3	Families and Friendships Safe relationships Respecting ourselves and others	Belonging to a community Media literacy and digital resilience Money and work	Physical health and mental wellbeing Growing and changing Keeping safe
Year 4	Families and Friendships Safe relationships Respecting ourselves and others	Belonging to a community Media literacy and digital resilience Money and work	Physical health and mental wellbeing Growing and changing Keeping safe
Year 5	Families and Friendships Safe relationships Respecting ourselves and others	Belonging to a community Media literacy and digital resilience Money and work	Physical health and mental wellbeing Growing and changing Keeping safe
Year 6	Families and Friendships Safe relationships Respecting ourselves and others	Belonging to a community Media literacy and digital resilience Money and work	Physical health and mental wellbeing Growing and changing Keeping safe

PSHE & RSHE Overview

	Autumn Term		
	Core Theme 1: Relationships		
	Families and Friendships	Safe Relationships	Respecting Ourselves and Others
Reception			
Year 1	Roles of different people; Families; Feeling cared for	Recognising privacy; Staying safe; seeking permission	How behaviour affects others; Being polite and respectful
Year 2	Making friends; feeling lonely and getting help	Managing secrets; Resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; Playing and working cooperatively; sharing opinions
Year 3	What makes a family; Features of family life	Personal boundaries; Safely responding to others; The impact of hurtful behaviour	Recognising respectful behaviour; The importance of self-respect; courtesy and being polite
Year 4	Positive friendships, including online	Responding to hurtful behaviour; Managing confidentiality; Recognising risks online	Respecting differences and similarities; Discussing difference sensitively
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination
Year 6	Attraction to others; Romantic relationships; Civil partnership and marriage	Recognising and managing pressure; Consent in different situations	Expressing opinions and respecting other points of view; including discussing topical issues

PSHE & RSHE Overview

	Spring Term		
	Core Theme 2: Living in the Wider World		
	Belonging to a Community	Media Literacy and Digital Resilience	Money and Work
Reception			
Year 1	What rules are; Caring for others' needs; Looking after the environment	Using the internet and digital services; Communicating online	Strengths and interests; jobs in the community
Year 2	Belonging to a group; Roles and Responsibilities; Being the same and different in the community	The internet in everyday life; Online content and information	What money is; Needs and wants; Looking after money
Year 3	The value of rules and laws; Rights, freedoms and responsibilities	How the internet is used; Assessing information online	Different jobs and skills; Job stereotypes; Setting personal goals
Year 4	What makes a community; Shared responsibilities	How data is shared and used	Making decisions about money; Using and keeping money safe
Year 5	Protecting the environment; Compassion towards others	How information online is targeted; Different media types, their role and impact	Identifying job interests and aspirations; What influences career choices; Workplace stereotypes
Year 6	Valuing diversity; Challenging discrimination and stereotypes	Evaluating media sources; Sharing things online	Influences and attitudes to money; Money and financial risks

PSHE & RSHE Overview

	Summer Term		
	Core Theme 3: Health and Wellbeing		
	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe
Reception			
Year 1	Keeping healthy; Food and exercise, hygiene routines; Sun safety	Recognising what makes them unique and special; Feelings; Managing when things go wrong	How rules and age restrictions help us; Keeping safe online
Year 2	Why sleep is important; medicines and keeping us healthy; Keeping teeth healthy; Managing feelings and asking for help	Growing older; Naming body parts; Moving class or year	Safety in different environments; Risk and safety at home; Emergencies
Year 3	Health choices and habits; What affects feelings; Expressing feelings	Personal strengths and achievements; Managing and re-framing setbacks	Risks and hazards; Safety in the local environment and unfamiliar places
Year 4	Maintaining a balanced lifestyle; Oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; Personal hygiene routines; Support with puberty	Medicines and household products; Drugs common to everyday life
Year 5	Healthy sleep habits; Sun safety; Medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; Mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM
Year 6	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; Increasing independence; Managing transition	Keeping personal information safe; Regulations and choices; Drug use and the law; Drug use and the media