



PSHE Citizenship and RSE curriculum.

PSHE Citizenship and RSE Curriculum	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<u>Think Positive</u> – Recognising feeling and being healthy	<u>Aiming High</u> – Setting targets and reaching goals	<u>TEAM</u> – RSE Traits needed to be a good person	<u>One World</u> – Comparing how they live to others around the world	<u>Safety First</u> – Safety in the home and online, appropriate touching.	<u>Be Yourself</u> – RSE Confidence to be yourself, improving wellbeing
Year 2	<u>Diverse Britain</u> – Learning about Britain and what it means to be British	<u>VIPs</u> – RSE Identifying special people in their lives and showing that they care	<u>Digital Wellbeing</u> - Using the internet in a safe and responsible way	<u>Money Matters</u> – Where money comes from, how it is used, keeping it safe	<u>Growing Up</u> – RSE Learning about their bodies, how to keep them safe, Gender stereotypes*	<u>It's My Body</u> Healthy lifestyles, sleep, diet and exercise
Year 3	<u>TEAM</u> – RSE What does a class need to work well together	<u>Aiming High</u> Growth mindset and resilience	<u>Think Positive</u> Mental health – managing feelings/motions	<u>Be Yourself</u> – RSE How to express your thoughts respectfully	<u>One World</u> Inequality around the world/now to make the world a fairer place	<u>Safety First</u> Peer pressure/judging risks
Year 4	<u>Digital Wellbeing</u> Benefits and risks of online activity - Screentime	<u>VIPs</u> – RSE Friendships, how they are formed and maintained	<u>Diverse Britain</u> Rules, Law, Liberty and respect for difference	<u>Growing up</u> – RSE Changes to bodies and how humans reproduce *	<u>Money Matters</u> Spending money, debt, responsible uses of money	<u>It's My Body</u> Appropriate touch, diet, being healthy, substance misuse
Year 5	<u>Aiming High</u> Aspirations, Jobs, Stereotypes	<u>Safety First</u> Keeping safe in and outside the home, roads, railways, Fireworks	<u>TEAM</u> – RSE Team work, sharing responsibilities, working together	<u>Think Positive</u> Regulating thoughts, feeling and emotions, strengthening mindset	<u>Be Yourself</u> – RSE Peer pressure, building confidence, making positive choices	<u>One World</u> Looking after the environment, the impact of global warming

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Year 6	<u>Digital Wellbeing</u> Online safety, cyber bullying, fake news, using the internet responsibly	<u>VIPs – RSE</u> Secrets and dares, healthy and unhealthy relationships	<u>Money Matters</u> Budgeting, prioritising spending, advertisement dangers	<u>Diverse Britain</u> The diverse faiths and communities in Britain, community groups and charities.	<u>Growing Up – RSE</u> Different types of relationships, changes to our bodies, contraception and menstruation *	<u>It's My Body</u> Consent, body image, stereotypes, exercise and hygiene
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