

Year 1 – PSHE/RSHE – Spring 1

Topic	Curriculum	Detail	
Exploring different types of families	Statutory RSHE Curriculum		
Living in the wider world	Existing PSHE Curriculum	Learning that they belong to different groups and communities such as family and school.	
Living in the wider world	Existing PSHE Curriculum	Learning ways in which they are all unique; understanding that there has never been and will never be another 'them'.	

Year 2 – PSHE/RSHE – Spring I

Topic	Curriculum	Detail	
Exploring different types of families	Statutory RSHE Curriculum		
Living in the wider world	Existing PSHE Curriculum	Learn that people and other living things have rights and that everyone has responsibilities to protect those rights (including protecting others' bodies and feelings; being able to take turns, share and understand the need to return things that have been borrowed).	These topics will be taught together.
Respectful Relationships	Statutory RSHE Curriculum	That in school and in the wider society, they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.	
Relationships	Existing PSHE Curriculum	To identify and respect the differences and similarities between people.	These topics, will be taught alongside each other.
Families and people who care for me and respectful relationships	Statutory RSHE Curriculum	<ul style="list-style-type: none"> -That families are important for children growing up because they can give us love, security and stability. -The characteristics of a healthy family life; commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives -That other's families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. -That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. -The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or background) or make different choices or have different beliefs. 	
Health and Wellbeing	Existing PSHE Curriculum	The importance of, and how to, maintain personal hygiene. How some diseases are spread and can be controlled; the responsibilities they have for their own health and that of others; to develop simple skills to prevent diseases spreading.	These two topics, will be taught alongside each other.
Health and Prevention	Statutory RSHE Curriculum	About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of hand-washing.	

Year 3 – PSHE/RSHE – Spring I

Topic	Curriculum	Detail	
Exploring different types of families	Statutory RSHE Curriculum		
Health and Wellbeing	Existing PSHE Curriculum	How to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and begin to understand the concept of a 'balanced lifestyle'	These topics will be taught together.
Mental Wellbeing	Statutory RSHE Curriculum	-That mental wellbeing is a normal part of daily life, in the same way as physical health.	
Physical Health & Fitness		-The characteristics plus mental and physical benefits of an active lifestyle. -The importance of building regular exercise into daily and weekly routines and how to achieve this for example; walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. -The risks associated with an inactive lifestyle (including obesity).	
Health & Prevention		-About safe & unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. -The importance of sufficient good quality sleep for good health and that a lack of sleep can effect weight, mood and ability to learn. -About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.	
Relationships	Existing PSHE Curriculum	That their own actions affect themselves and others.	These topics will be taught together.
Internet Safety and harms	Statutory RSHE Curriculum	-How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.	

Year 4 – PSHE/RSHE – Spring I

Topic	Curriculum	Detail	
Exploring different types of families	Statutory RSHE Curriculum		
Relationships	Existing PSHE curriculum	To recognise ways in which a relationship can be unhealthy and whom to talk to if they need support.	These topics will be taught together.
Families and people who care for me	Statutory RSHE Curriculum	<p>-That families are important for children growing up because they can give us love, security and stability.</p> <p>-The characteristics of a healthy family life; commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.</p> <p>-That other's families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.</p> <p>-That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.</p>	
Relationships	Existing PSHE curriculum	That differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, gender identity, sexual orientation, and disability (see 'protected characteristics' in the Equality Act 2010).	

Year 5 – PSHE/RSHE – Spring I

Topic	Curriculum	Detail	
Exploring different types of families	Statutory RSHE Curriculum		
Relationships	Existing PSHE curriculum	-The concept of 'keeping something confidential or secret', when they should or should not agree to this and when it is right to 'break a confidence' or 'share a secret'.	These topics will be taught alongside each other.
Being Safe	Statutory RSHE Curriculum	-About the concept of privacy and implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	
Relationships	Existing PSHE curriculum	-To consider the lives of people living in other places, and people with different values and customs.	

Topic	Curriculum	Detail	
Exploring different types of families	Statutory RSHE Curriculum		
Health and Wellbeing	Existing PSHE curriculum	To recognise when they need help and to develop the skill to ask for help; to use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable or anxious or that they think is wrong.	These topics will be taught together.
Being safe Mental wellbeing	Statutory RSHE Curriculum	-Where to get advice from e.g. family, school and /or other sources. -Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or some else's mental wellbeing or ability to control their emotions (including issues arising online). -It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support ifs made available, especially if accessed early enough.	
Health and Wellbeing	Existing PSHE curriculum	What positively and negatively affects their physical, mental and emotional health.	These topics will be taught together.
Mental wellbeing	Statutory RSHE Curriculum	-That mental wellbeing is a normal part of daily life, in the same way as physical health. -The benefits of physical exercise, time outdoors, community participation, voluntary and service based activity on mental wellbeing and happiness. -Simple self-care techniques, including the importance of rest, time spent with friends and family and the befits of hobbies and interest.	
Internet safety and harms		-About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others mental and physical wellbeing.	
Physical health and fitness		-The characteristics and mental and physical benefits of an active lifestyle. -The importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. -The risks associated with an inactive lifestyle (including obesity).	
Healthy Eating		-The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).	
Health and prevention		-About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. -The importance of sufficient good quality sleep for good health and that a lack of sleep can effect weight, mood and ability to learn. -About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.	