



King Athelstan PSHE and RSE Curriculum

	Autumn		Spring		Summer	
EYFS	Click here to see our EYFS Curriculum and Skills progressions					
	Being Me In My World Celebrating	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 1	<u>'Marvellous Me'</u>		<u>'Time Travellers'</u>		<u>'All Creatures Great and Small'</u>	
	- Feeling special and safe - Being part of a class - Rights and responsibilities - Rewards and feeling proud - Consequences - Owning the learning charter	- Similarities and differences - Understanding bullying and knowing how to deal with it - Making new friends - Celebrating the differences in everyone	- Setting goals - Identifying successes and achievements - Learning styles - Working well and celebrating achievement with a partner - Tackling new challenges - Identifying and overcoming obstacles - Feelings of success	- Keeping myself healthy - Healthier lifestyle choices - Keeping clean - Being safe - Medicine safety/ safety with household items - Road safety - Linking health and happiness	- Belonging to a family - Making friends/being a good friend - Physical contact preferences - People who help us - Qualities as a friend and person - Self-acknowledgement - Being a good friend to myself - Celebrating special relationships	- Life cycles - animal and human - Changes in me - Changes since being a baby - Differences between female and male bodies (correct terminology) - Linking growing and learning - Coping with change - Transition
Year 2	<u>'Where do we belong?'</u>		<u>'Diary of a London Kid'</u>		<u>'Brave Explorers'</u>	
	- Hopes and fears for the year - Rights and responsibilities - Rewards and consequences - Safe and fair learning environment - Valuing contributions - Choices - Recognising feelings	- Assumptions and stereotypes about gender - Understanding bullying - Standing up for self and others - Making new friends - Celebrating difference and remaining friends	- Achieving realistic goals - Staying healthy to achieve goals - Perseverance and strengths - Learning with others - Group co-operation - Contributing to and sharing success	- Motivation - Healthier choices - Healthy eating and nutrition - Safety in the home - Safety out and about - Medicines	- Different types of family - Physical contact boundaries - Friendship and conflict - Secrets - Trust and appreciation - Expressing appreciation for special relationships	- Life cycles in nature - Growing from young to old - Increasing independence - Differences in female and male bodies (correct terminology) - Assertiveness - Preparing for transition
Year 3	<u>'Dawn of Mankind'</u>		<u>'Wild at Heart'</u>		<u>'Do Machines dream of Electric Sheep?'</u>	
	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how	Difficult challenges and achieving success Dreams and ambitions Motivation and enthusiasm Recognising and trying to	Exercise Food labelling and healthy swaps Attitudes towards drugs Keeping safe	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help	How babies grow Outside body changes Inside body changes Personal hygiene Family stereotypes

	Rewards and consequences Responsible choices Seeing things from others' perspectives	to solve it Recognising how words can be hurtful Giving and receiving compliments	overcome obstacles Evaluating learning processes Contributing to the community Managing feelings Simple budgeting	Online and offline Respect for myself and others Healthy and safe choices outdoors Water safety Asking for help	Media influence Being a global citizen How my choices affect others Awareness of other children's different lives Expressing appreciation for family and friends	Challenging my ideas Preparing for transition
Year 4	<u>'Revolting People of Planet Earth'</u>		<u>'Age of Empire'</u>		<u>'Tales of the Bearly Believable'</u>	
	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Peer influences Railway safety Staying safe with friends Smoking Alcohol and vaping Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and Boyfriends Showing appreciation to people and animals	Being unique Girls and puberty Being part of a family Confidence in change Accepting change Preparing for transition Environmental change
Year 5	<u>'The Great Invaders'</u>		<u>'Clash of the Titans'</u>		<u>'The Adventures of my Other Self'</u>	
	Planning the year ahead Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Future dreams Spending, saving and value of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking including vaping Alcohol and vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition/self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and risks Reducing screen time Dangers of online grooming Internet safety rules	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys <i>Conception (including IVF)</i> Growing responsibility Coping with change Preparing for transition
Year 6	<u>'The Unexplained'</u>		<u>'Into the Forest'</u>		<u>'Battles that have shaped our World'</u>	
	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation including 'county lines' and gang culture Emotional and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Self-image Body-image Puberty and feelings <i>Conception to birth</i> Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition