



King Athelstan PSHE and RSE Curriculum

	Autumn	Spring	Summer
Year 1	<u>'Marvellous Me'</u> About me. Who I am. My family. My environment Rule keeping Important people What makes me, me? Respecting others and differences Who can keep me safe?	<u>'Time Travellers'</u> Recognising my emotions. Recognising emotions in others. Being kind. Identifying own feelings Responding to the feelings of others My actions affect others Keeping secrets - the problems The importance of being fair The importance of kindness Re-cap if needed: What is bullying?	<u>'All Creatures Great and Small'</u> How can I keep myself physically and emotionally healthy? Healthy diet, healthy lifestyles The importance of hygiene Growth and change Making good choices Communicating feelings What do people need to stay healthy? What changes have I experienced?(transition to Year 2)
Year 2	<u>'Where do we belong?'</u> What makes us unique? Rules and boundaries Communicating my feelings Choices linked to well-being I affect others through my actions What are my rights? What does it mean to be kind? What physical contact is acceptable?	<u>'Diary of a London Kid'</u> About me and my community. How I am a part of my wider community Money lesson What makes us human? The purpose of groups The importance of my community	<u>'Brave Explorers'</u> Looking after myself, looking after others, looking after the environment What is privacy? Keeping myself and others safe Caring for my environment Naming the parts of the body Health and hygiene and inventory Household products Change and transition
Year 3	<u>'Dawn of Mankind'</u> How can I lead a balanced lifestyle? Growing independence and awareness Recognising strengths and challenges Importance of rules Conflicting emotions Keeping my body healthy What is a virus?	<u>'Wild at Heart'</u> Who am I in relation to others? Relationships/ social conscience Helping others with expression Being a good citizen My family and friendship groups Positive, healthy relationships People across the world	<u>'Do Machines dream of Electric Sheep?'</u> How can I be a responsible citizen? Independence/ community/ environment Responsibilities Consequences of actions Current issues of importance Diversity Money sense

	Internet safety	Secrets and nice surprises What physical contact is acceptable	
Year 4	<u>'Revolting People of Planet Earth'</u> How can I keep myself safe in a changing world? Interdependence/ online communities/ self-awareness Internet safety Happy, healthy lifestyles Keeping myself safe Emotional reactions Discrimination Conflicting emotions	<u>'Age of Empire'</u> What are my rights? What are the rights of others? Understanding citizenship Human rights Responsibility Diversity Staying safe and keeping others safe What is a positive, healthy relationship? What physical contact is acceptable?	<u>'Tales of the Bearly Believable'</u> How can I keep my body and mind healthy? Looking after myself Exploring differences Keeping myself healthy - healthy choices What is a habit? Preventing the spread of germs The dangers of dares Respecting personal boundaries
Year 5	<u>'The Great Invaders'</u> Growing maturity: independence and responsibility New responsibilities My physical, emotional and mental health Balanced lifestyles Keeping safe online What is bullying? Issues of concern - current issues Having a say in the wider community Personal boundaries (Recap)	<u>'Clash of the Titans'</u> Staying strong in the face of adversity: Keeping myself safe, making good decisions, supporting others Taking responsibility for health What is a habit? New Year's Resolution lesson? Experiencing pressure Who can help me? Challenging stereotypes	<u>'The Adventures of my Other Self'</u> How can I support myself and others as I grow? Becoming independent/ growing and maturing Physical and emotional safety Spread of bacteria and viruses Basic human rights Conflicting emotions Positive, healthy relationships - some elements delivered by School Health Team Puberty: Delivered by School Health Team Managing money
Year 6	<u>'The Unexplained'</u> Responsibility and safety in wider community My ambitions Communicating feelings Age of legality Keeping safe online and using online resources critically Use of images in the media Pressure from the media Safe use of mobile phones	<u>'Into the Forest'</u> How do I gain independence? Self-awareness and self-responsibility Making good, healthy choices The spread of bacteria and viruses The difficulty in changing habits Different people, different emotions What part does money play in my life? Media depictions - always true? (Recap) My own use of online media	<u>'Battles that have shaped our World'</u> How can I shape my future? Preparing for the wider world of secondary school and beyond Physical and emotional safety Positive, healthy relationships Puberty Sexual relationships: How babies are conceived and born - Partly delivered by School Health Team Responding to requests for images Money: Interest, loan, debt and tax Business enterprise Transition to secondary: visits from Year 7

