



Northowram Primary School **RSE & PSHE** Curriculum Overview (from September 2012)

Year Group		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Family and relationships	<ul style="list-style-type: none"> • Introduction to RSE • What is family? • What are friendships? • Family and friends help and support each other • Making friends • Friendship problems • Healthy Friendships 	<ul style="list-style-type: none"> • Introduction to RSE • Families offer stability and love • Families are all different • Managing friendships • Unhappy friendships • Valuing me • Manners & courtesy • Loss and change 	<ul style="list-style-type: none"> • Introduction to RSE • Healthy families • Friendships - conflict • Effective communication • Learning who to trust • Respecting differences • Stereotyping 	<ul style="list-style-type: none"> • Introduction to RSE • Respect & manners • Healthy friendships • My behaviour • Bullying • Stereotypes • Families in the wider world • Loss and change 	<ul style="list-style-type: none"> • Introduction to RSE • Build a friend • Resolving conflict • Respecting myself • Family life • Bullying 	<ul style="list-style-type: none"> • Introduction to RSE • Respect • Developing respectful relationships • Stereotypes • Bullying • Being me • Loss and change
Autumn 2	Safety and the changing body	<ul style="list-style-type: none"> • Getting lost • Making a call to the emergency services • Asking for help • Appropriate contact • Medication • Safety at home • People who help to keep us safe 	<ul style="list-style-type: none"> • The Internet • Communicating online • Secrets and surprises • Appropriate contact • Road safety • Drug education 	<ul style="list-style-type: none"> • Basic first aid • Communicating safely online • Online safety • Fake emails • Drugs, alcohol & tobacco • Keeping safe 	<ul style="list-style-type: none"> • Online restrictions • Share aware • Basic first aid • Privacy and secrecy • Consuming information online • The changing adolescent body (puberty) 	<ul style="list-style-type: none"> • Online friendships • Identifying online dangers • The changing adolescent body (puberty, including menstruation) • First aid • Drug education 	<ul style="list-style-type: none"> • Drugs alcohol & tobacco • First aid • Critical digital consumers • Social media • The changing adolescent body (puberty, conception, birth)
Spring 1	Health and wellbeing	<ul style="list-style-type: none"> • Wonderful me • What am I like? • Ready for bed • Relaxation • Hand washing & personal hygiene • Sun safety 	<ul style="list-style-type: none"> • Experiencing different emotions • Being active • Relaxation • Steps to success • Growth mindset 	<ul style="list-style-type: none"> • My healthy diary • Relaxation • Who am I? • My superpowers • Breaking down barriers • Dental health 	<ul style="list-style-type: none"> • Diet and dental health • Visualisation • Celebrating mistakes • My role • My happiness 	<ul style="list-style-type: none"> • Relaxation • The importance of rest • Embracing failure • Going for goals 	<ul style="list-style-type: none"> • What can I be? • Mindfulness • Taking responsibility for my health • Resilience toolkit • Immunisation

		<ul style="list-style-type: none"> Allergies People who help us stay healthy 	<ul style="list-style-type: none"> Healthy diet Dental health 		<ul style="list-style-type: none"> Emotions Mental health 	<ul style="list-style-type: none"> Taking responsibility for my feelings Healthy meals Sun safety 	<ul style="list-style-type: none"> Health concerns Creating habits The effects of technology on health
Spring 2	Citizenship	Responsibility Rules Caring for others: Animals The needs of others Community Similar, yet different Belonging Democracy Democratic decisions	Responsibility Rules beyond school Our school environment Our local environment Community Job roles in our local community Similar yet different: My local community Democracy School Council Giving my opinion	Responsibility Rights of the child Rights and responsibilities Recycling Community Local community groups Charity Democracy Local democracy Rules	Responsibility What are human rights? Caring for the environment Community Community groups Contributing Diverse communities Democracy Local councillors	Responsibility Breaking the law Rights and responsibilities Protecting the planet Community Contributing to the community Pressure groups Democracy Parliament	Responsibility Human rights Food choices and the environment Caring for others Community Prejudice and discrimination Valuing diversity Democracy National democracy
Summer 1 & Part of Summer 2	Economic wellbeing	Money Introduction to money Looking after money Banks and building societies Saving and spending Career and aspirations Jobs in school	Money Where money comes from Needs and wants Wants and needs Looking after money Career and aspirations Jobs	Money Ways of paying Budgeting How spending affects others Impact of spending Career and aspirations Jobs and careers Gender and careers	Money Spending choices/ value for money Keeping track of money Looking after money Career and aspirations Influences on career choices Jobs for me	Money Borrowing Income and expenditure Risks with money Prioritising spending Career and aspirations Stereotypes in the workplace	Money Attitudes to money Keeping money safe Gambling Career and aspirations What jobs are available Career routes

Summer 2	Transition Identity	Transition	Transition	Transition	Transition	Transition	Transition What is identity Gender identity Identity and body image
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