

PSHE & RSE Curriculum Overview



Key Stage / Year	Term	Theme	Topics Covered
KS1 Year 1	Autumn	Relationships	Be Yourself - Self-esteem; individuality; expressing feelings; resilience; speaking up Digital Wellbeing - Screen time; online safety; kindness online
KS1 Year 1	Spring	Health and Wellbeing	Growing Up - Body parts; respecting boundaries; family types; changes It's My Body - Healthy choices; hygiene; sleep; consent
KS1 Year 1	Summer	Living in the Wider World	Aiming High - Qualities; aspirations; challenging stereotypes; future hopes Diverse Britain - Understanding and respecting diversity in the UK
KS1 Year 2	Autumn	Relationships	TEAM - Teamwork; kindness; recognising bullying; good choices VIPs - Understanding different families; compassion; respect
KS1 Year 2	Spring	Health and Wellbeing	Safety First - Hazards; privacy; 'The Underwear Rule'; trusted adults Think Positive - Positive thinking; emotions; mindfulness

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KS1 Year 2	Summer	Living in the Wider World	Money Matters - Where money comes from; jobs; spending wisely One World - Global differences; environment, taking care of the planet
LKS2 Year 3	Autumn	Relationships	Be Yourself - Pride; emotions; resolving disagreements; media influence Digital Wellbeing - Online bullying; safe communication; personal info
LKS2 Year 3	Spring	Health and Wellbeing	Growing Up - Puberty; body changes; family relationships It's My Body - Health through food, sleep; hygiene; safe medicine use
LKS2 Year 3	Summer	Living in the Wider World	Aiming High - Celebrating success; goals; stereotypes; aspirations Diverse Britain - Democracy; liberty; diversity; British Values
LKS2 Year 4	Autumn	Relationships	TEAM - Expressing emotions; working through change; good deeds VIPs - Relationships; healthy friendships; conflict resolution

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LKS2 Year 4	Spring	Health and Wellbeing	Safety First - Independence; risk awareness; peer pressure Think Positive - Thought patterns; staying calm; learning for wellbeing
LKS2 Year 4	Summer	Living in the Wider World	Money Matters - Sources of money; borrowing; advertising; budgeting One World - Fair trade; equality; global warming; positive impact
UKS2 Year 5	Autumn	Relationships	Be Yourself - Self-confidence; individuality; managing emotions Digital Wellbeing - Fake news; echo chambers; cyberbullying
UKS2 Year 5	Spring	Health and Wellbeing	Growing Up - Puberty; reproduction; body image; commitment It's My Body - Consent; body care; resisting pressure; substance safety
UKS2 Year 5	Summer	Living in the Wider World	Aiming High - Ambitions; barriers; equal opportunities; future planning Diverse Britain - British Values; human rights

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UKS2 Year 6	Autumn	Relationships	TEAM - Building identity; teamwork; class cohesion VIPs - Healthy relationships; secrets; decision making
UKS2 Year 6	Spring	Health and Wellbeing	Safety First - Risk awareness; resisting peer pressure Think Positive - Cognitive triangle; present-moment awareness; self-belief
UKS2 Year 6	Summer	Living in the Wider World	Money Matters - Ethical money use; debt; budgeting One World - Environmental issues: warming; water; energy use