



Berkswich CE PSHE and RSE Curriculum Overview - Quick View Whole School Coverage

Also see the Progression grid and the Unit Summary grid. The timings grid shows where in the year, each aspect is taught.

	EYFS		Year One	Year Two	Year Three	Year Four	Year Five	Year Six
Self-regulation: my feelings	- Understand feelings - Identify feelings - Communicating emotions - Coping with feelings	Family and relationships	- Introduction to RSE - What is family? - What are friendships? - Family and friends help and support each other - Making friends - Friendship problems - Healthy friendships	- Introduction to RSE - Families offer stability and love - Families are all different - Managing friendships - Unhappy friendships - Valuing me - Manners and courtesy - Loss and change	- Introduction to RSE - Healthy families - Friendships - conflict - Effective communication - Learning who to trust - Respecting differences - Stereotyping	- Introduction to RSE - Respect and manners - Healthy friendships - My behaviour - Bullying - Stereotypes - Families in the wider world - Loss and change	- Introduction to RSE - Build a friend - Resolving conflict - Respecting myself - Family life - Bullying	- Introduction to RSE - Respect - Developing respectful relationships - Stereotypes - Bullying - Being me - Loss and change
Building relationships: special relationships	- Valuable families - Special people - Managing relationships - Valuing me - Exploring diversity	Safety and the changing body	- 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	- The Internet - Communicating online - Secrets and surprises - Appropriate contact - Road safety - Drug education	- Basic first aid - Communicating safely online - Online safety - Fake emails - Drugs, alcohol and tobacco - Keeping safe out and about	- Online restrictions - Share aware - Basic first aid - Privacy and secrecy - Consuming information online - The changing adolescent body (puberty)	- Online friendships - Identifying online dangers - The changing adolescent body (puberty, including menstruation) - First aid - Drug education	- Drugs alcohol and tobacco - First aid - Critical digital consumers - Social media - The changing adolescent body (puberty, conception, birth)
Managing self: taking on challenges	- Rules - Persistence and perseverance - Communicating with others - Coping with challenge	Health and wellbeing	- Wonderful me - What am I like? - Ready for bed - Relaxation - Hand washing and personal hygiene - Sun safety - Allergies - People who help us stay healthy	- Experiencing different emotions - Being active - Relaxation - Steps to success - Growth mindset - Healthy diet - Dental health	- My healthy diary - Relaxation - Who am I? - My superpowers - Breaking down barriers - Dental health	- Diet and dental health - Visualisation - Celebrating mistakes - My role - My happiness - Emotions - Mental health	- Relaxation - The importance of rest - Embracing failure - Going for goals - Taking responsibility for my feelings - Healthy meals - Sun safety	- What can I be? - Mindfulness - Taking responsibility for my health - Resilience toolkit - Immunisation - Health concerns - Creating habits - The effects of technology on health
Self-regulation: listening and following instructions	- Listening to stories - Playing listening games - Following instructions - Tackling rumours	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
Building relationships: my family and friends	- Exploring festivals - Sharing - Friendship - Kind words - Teamwork	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
Managing self: my wellbeing Identity	- Importance of exercise - Taking care of ourselves - Travelling safely - Good choices - Transition into the next year group	Transition	Transition to new year group	Transition to new year group and Key Stage	Transition to new year group	Transition to new year group	Transition to new year group	Transition to new year group, setting and Key Stage
		Identity						- What is identity? - Identity and body image