

 Berkswich CE PSHE and RSE Curriculum - Coverage Overview - Unit Summaries							
Units differ in length and may cross over a half-term or term break; please see the Timings grid for specific timings. Please also see the Quick View Overview grid and the Knowledge Progression grid.							
	EYFS	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
Unit One	Self-regulation: My Feelings Children learn to explore and understand their feelings, identify when they may be feeling something, and begin to learn how to communicate and cope with their feelings and emotions.	What is RSE and PSHE An introductory lesson outlining the subject and exploring how to create a successful learning environment. Families and Relationships Exploring how families can be different, the characteristics and impact of positive friendships; learning how to work in a group and learning that issues can be overcome, that people show feelings differently and that stereotyping is unfair.	What is RSE and PSHE An introductory lesson outlining the subject and exploring how to create a successful learning environment. Families and Relationships Learning: that families are composed of different people who offer each other care and support; how other people show their feelings and how to respond. Looking at conventions of manners and developing an understanding of self-respect.	What is RSE and PSHE An introductory lesson outlining the subject and exploring how to create a successful learning environment. Families and Relationships Learning: how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist.	What is RSE and PSHE An introductory lesson outlining the subject and exploring how to create a successful learning environment. Families and Relationships Learning that families are varied and differences must be respected; understanding: physical and emotional boundaries in friendships; the roles of bully, victim and bystander; how behaviour affects others; appropriate manners and bereavement.	What is RSE and PSHE An introductory lesson outlining the subject and exploring how to create a successful learning environment. Families and Relationships Developing an understanding: of families, including marriage, of what to do if someone feels unsafe in their family; that issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our attributes.	What is RSE and PSHE An introductory lesson outlining the subject and exploring how to create a successful learning environment. Family and Relationships Learning to resolve conflict, through negotiation and compromise; learning about respect, understanding that everyone deserves to be respected; learning about grief; and understand stereotypes.
Unit Two	Building Relationships: Special relationships Exploring why families and special people are valuable, understanding why it is important to share and developing strategies to help with this, seeing themselves as valuable individuals and exploring diversity by recognising similarities and differences.	Health and Wellbeing Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, dealing with allergic reactions and people in the community who keep us healthy.	Health and Wellbeing Learning: about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals, developing a growth mindset and understanding dental hygiene.	Health and Wellbeing Understanding that a healthy lifestyle includes physical activity, a balanced diet, rest and relaxation; exploring identity through groups we belong to and how our strengths can be used to help others; learning how to solve problems by breaking them down.	Health and Wellbeing Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming activities and developing independence in dental hygiene.	Health and Wellbeing Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation.	Health and Wellbeing Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals.
Unit Three	Managing Self: Taking on Challenges Considering why we have rules and the importance of persistence and perseverance in the face of challenges, learning how to communicate effectively with others, practicing 'grounding' coping strategies.	Safety and the Changing Body Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe.	Safety and the Changing Body Developing understanding of safety: roads and medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.	Safety and the Changing Body Learning how to: call the emergency services; responding to bites and stings; be a responsible digital citizen; learning about: cyberbullying, identifying unsafe digital content; influences and making independent choices and an awareness of road safety.	Safety and the Changing Body Building awareness of online safety and benefits and risks of sharing information online; the difference between private and public; age restrictions; the physical and emotional changes in puberty; the risks associated with tobacco and how to help someone with asthma.	Safety and the Changing Body Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.	Safety and the Changing Body Learning about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.
Unit Four	Self-regulation: Listening & Following Instructions Listening to stories to practise their comprehension skills, playing games which require them to listen carefully to instructions to succeed, considering how rumours can spread quickly and change as they do so.	Citizenship Learning about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy.	Citizenship Learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school councils work and voicing an opinion.	Citizenship Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy.	Citizenship Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.	Citizenship An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community.	Citizenship Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy.
Unit Five	Building relationships: My Family and Friends Exploring cultural festivals that are important to individuals, reinforcing the importance of sharing and turn taking through role-play, considering the ingredients for a good friend, exploring how kind words make others feel good, recognising the value in working together as a team.	Economic Wellbeing Learning about what money is and where it comes from, how to keep cash safe, the function of banks and building societies, spending and saving and some of the jobs roles in schools.	Economic Wellbeing Learning about where money comes from, how to look after money and why we use banks and building societies.	Economic Wellbeing Introduction to creating a budget and learning about: the different ways of paying, the emotional impact of money, the ethics of spending and thinking about potential jobs and careers.	Economic Wellbeing Exploring: choices associated with spending, what makes something good value for money, career aspirations and what influences career choices.	Economic Wellbeing Developing understanding about income and expenditure, borrowing, risks with money and stereotypes in the workplace.	Economic Wellbeing Exploring: attitudes to money, how to keep money safe, career paths and the variety of different jobs available.
Unit Six	Managing Self: My Wellbeing Learning why exercise is important for our physical and mental health, considering the effect of different types of exercise on the body, discussing some of the ways in which we can take care of ourselves, learning how to travel safely as a pedestrian, considering the importance of making balanced food choices.	Units above are spread over six half terms.	Units above are spread over six half terms.	Units above are spread over six half terms.	Units above are spread over six half terms.	Units above are spread over six half terms.	Identity Two lessons on the theme of personal identity and body image. See the PSHE/ RSE policy for further information regarding what this section does not cover.
Transition	Transition lesson in the current year group and transition mornings and sessions to help Nursery to transition into Reception and into Key Stage One from Reception - helping with the changes that come from moving up a year group.	Transition lesson and morning in the new year group. Helping Year One with the transition into Year Two and the changes that come with it.	Transition lesson and morning in the new year group. Helping Year Two with the transition into a new year and Key Stage and the changes that come with it.	Transition lesson and morning in the new year group to help Year Three with the transition to a new year group and the changes that come with it.	Transition lesson and morning in the new year group to help Year Four children prepare for the transition into Year Five and the changes, challenges and opportunities that this brings.	Transition lesson and morning in the new year group to help Year Five children prepare for the transition into Year Six and the changes, challenges and opportunities that this brings, supporting the children with some of the concerns that they may have.	Transition lesson within the year group and day visits arranged by next settings. Learning to help pupils prepare for the transition into secondary school, including exploring any anxieties that they may have. Additional visits may be arranged for groups as appropriate.