

PSHE & RSE Curriculum Overview



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	What is the same and different about us?	Who is special to us?	What helps us stay healthy?	What can we do with money?	Who helps to keep us safe?	How can we look after each other and the world?
Year 2	What makes a good friend?	What is bullying?	What jobs do people do?	What helps us to stay safe?	What helps us grow and stay healthy?	How do we recognise our feelings?
Year 3	How can we be a good friend?	What keeps us safe?	What are families like?	What makes a community?	Why should we eat well and look after our teeth?	Why should we keep active and sleep well?

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Year 4	What strengths, skills and interests do we have?	How do we treat each other with respect?	How can we manage our feelings?	How will we grow and change?	How can our choices make a difference to others and the environment?	How can we manage risk in different places?
Year 5	What makes up a person's identity?	What decisions can people make with money?	How can we help in an accident or emergency?	How can friends communicate safely?	How can drugs common to everyday life affect health?	What jobs would we like?
Year 6	How can we keep healthy as we grow?	How can the media influence people?	What will change as we become more independent?	How do friendships change as we grow?		

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Year 7	Goal setting, organisation, self-awareness	Empathy, friendships, bullying	Decision making, emotions, health	Puberty, body image, confidence	Consent, rights, boundaries	Substance safety, first aid
Year 8	Risk management, online presence	Stereotypes, diversity, equality	Substance use, contraception, peer influence	Career aspirations, identity	Healthy relationships, conflict	Mental and physical health
Year 9	GCSE options, employability	Friendship challenges, gangs, drugs	Mental health, coping with loss	Financial decisions, gambling	Relationships in media, consent	STIs, contraception, first aid

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Year 10	KS4 transition, mental health concerns	Pornography, abuse and harassment	First aid, personal and online safety	Employment skills, online presence	Diversity, extremism, discrimination	Work experience preparation
Year 11	Money management, adult life preparation	Relationship values, sexual health services	Safe lifestyle choices, donation	Parenting, fertility, grief	Celebrating success, transitions	Work experience reflection