



## Rushbury C of E Primary School

### RSE and PSHE Curriculum Progression

	Year 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6
<b>Family and relationships</b>	Introduction to RSE What is family? What are friendships? Family and friends help and support each other Making friends Friendship problems Healthy living	Introduction to RSE Families offer stability and love Families are all different Managing friendships Unhappy friendships Valuing me Manners	Introduction to RSE Healthy families Friendships - conflict Effective communication Learning who to trust Respecting differences Stereotyping	Introduction to RSE Respect & 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
<b>Safety and the changing body</b>	Getting lost Making a call to the emergency services Asking for help Appropriate contact Medication Safety at home People who help to look after me	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 & 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 & tobacco First aid Critical digital consumers Social media The changing adolescent body (puberty, conception, birth)
<b>Health and Wellbeing</b>	Wonderful me What am I like? Ready for bed Relaxation Hand washing &	Experiencing different emotions Being active Relaxation Steps to success	My healthy diary Relaxation Who am I? My superpowers Breaking down	Diet and dental health Visualisation Celebrating mistakes My role	Relaxation The importance of rest Embracing failure Going for goals	What can I be? Mindfulness Taking responsibility for my health Resilience toolkit

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