



## Curriculum Overview

### PSHE and RSE

#### Overview

Teachers use the 'Twinkl Life' programme for their planning and resources as a starting point. As with all subjects, teachers will adjust and supplement any resources whilst keeping to the curriculum overview. The resources and planning for the 'It's my body' (Y4 and Y5) and 'Growing up' (Y5 and Y6) topics have been adjusted in line with the RSE policy.

On the whole Year 3 and 4 follow the lower key stage 2 programme of study and Year 5 and 6 follow the upper key stage 2 programme of study, with the exception of 'Growing up' (LSKS2) which will be taught in Year 5.

Some topics are enhanced with additional events and activities such as the NSPCC 'Speak Out' programme supporting the children's awareness of personal safety and protection as well child on child sexual harassment and violence; focussed weeks and days such as 'Anti-Bullying Week' and 'Wellbeing Day'; expert visitors such as the School Nurse Team and St John's Ambulance (First Aid).

Digital wellbeing is covered in Year 3 through a PSHE unit but are taught, along with E-Safety, in Computing lessons in Y4, 5 and 6 with some regular, non-explicit references in other PSHE topics such as 'Be Yourself' and 'Think Positive'.

British Values are also covered in all year groups in the 'One World' and 'Diverse Britain' topics.

The curriculum map is presented below. Key words briefly describing the content of each topic are given.

Year 3	Year 4	Year 5	Year 6
<b>Autumn</b>			
<b>Team</b> Teamwork, starting a new year, working well with others.	<b>Safety First</b> Responsibility for own safety - road, water, rail, dangerous substances.	<b>Team</b> Qualities of a team, how to disagree, compromise, share responsibility.	<b>Safety First</b> Emergencies, hazards, risks, dangers - roads, rail, water, fireworks.
<b>Digital Wellbeing</b> Online safety, stranger danger, online relationships (cyber bullying).	<b>Think Positive</b> Mental health - dealing with difficult emotions.	<b>Diverse Britain</b> Contributing to society, Britain's wide representation, how the government works.	<b>Think Positive</b> Dealing with positivity and negativity, growth mindset, making good choices.

## Spring

<p><b>VIPs</b> Building and maintaining friendships and how to deal with bullying.</p>	<p><b>Be Yourself</b> Expressing yourself, positive outlook, managing feelings.</p>	<p><b>It's My Body (UPKS2)</b> Taking care of and protecting our bodies, what we think and feel about our bodies.</p>	<p><b>Be Yourself</b> Having a positive view of yourself, dealing with peer pressure, managing feelings.</p>
<p><b>Money Matters</b> Where money comes from and how it is used.</p>	<p><b>One World</b> Differing life opportunities and experiences - inequality, stereotyping.</p>	<p><b>Money Matters</b> Impact of advertising, ethical spending, budgeting.</p>	<p><b>One World</b> Global citizenship, sustainability, environmental issues, making the world a better place.</p>

## Summer

<p><b>Diverse Britain</b> Being respectful of differences. British Values - rules, law, liberty, democracy.</p>	<p><b>VIPs</b> Friends and families, conflict and resolution, dares and secrets.</p>	<p><b>Growing Up (LKS2)</b> Human reproduction, body changes in girls and boys, changing emotions, relationships and families.</p>	<p><b>Growing Up (UPKS2)</b> Changing bodies and emotions. Different relationships, human conception and reproduction.</p>
<p><b>Aiming High</b> Goals and aspirations. Role models.</p>	<p><b>It's my body (LKS2)</b> Looking after your body - sleep, exercise, diet, cleanliness, consent. Recognising early changes in your body</p>	<p><b>Aiming High</b> Positive attitude, achievement, learning styles, stereotyping.</p>	<p><b>Transition to Year 7</b> Preparing to move onto secondary school and their next chapter.</p>