



Stebbing Primary School
PSHE & RSE Curriculum Overview

EYFS

PSHE Book Focus

Blue Chameleon	Mommy, Mama & Me	Hello	You Choose	Red Rockets & Rainbow Jelly	The Family Book
Self-Regulation	Building Relationships	Managing Self	Self-Regulation	Building Relationships	Managing Self
My Feelings	Special Relationships	Taking on Challenges	Listening & following to instructions	My Family & Friends	My Wellbeing
<p>Identifying My Feelings To identify my feelings</p>	<p>My Family To talk about our families and to understand that all families are valuable and special.</p>	<p>Why do we have rules? To understand why we have rules.</p>	<p>Simon Says To understand why it is important to listen carefully.</p>	<p>Festivals To think about the perspectives of others in the class and learn about how different beliefs celebrate special times.</p>	<p>What is exercise? To learn about the importance of exercise and exploring how exercise affects different parts of the body.</p>
<p>Feelings jar To identify and express my feelings</p>	<p>Special People To talk about people that hold a special place in our lives and think about what it means to be a valued person.</p>	<p>Building Towers To understand the importance of persistence in the face of challenge and developing confidence in their own ability to solve problems.</p>	<p>Listening to a story To listen attentively to a story.</p>	<p>Sharing To understand why sharing is important.</p>	<p>Yoga & Relaxation To explore yoga, guided meditation and relaxation.</p>
<p>Coping Strategies To explore different coping strategies to regulate our emotions and to identify our own feelings To consider the reasons behind our emotions.</p>	<p>Sharing To understand why it is important to share and cooperate with others. To develop strategies to help when trying to share with others.</p>	<p>Team Den Building To work together as a group to overcome challenges and communicate effectively with others.</p>	<p>Pass the whisper To understand why it is important to tell the truth and think carefully about the feelings of others.</p>	<p>What makes a good friend? To understand the characteristics that make a good friend.</p>	<p>Looking after ourselves To understand why it is important to be able to take care of oneself.</p>
<p>Describing Feelings To explore the different adjectives that can be used to describe feelings.</p>	<p>I am Unique To see themselves as a valuable individual and to understand that it is ok to like different things.</p>	<p>Grounding To learn and practise 'grounding' coping strategies.</p>	<p>Obstacle Races To follow instructions involving several ideas or actions and to persevere when things are difficult.</p>	<p>Bring a Good Friend To learn the importance of supporting others by being kind.</p>	<p>Being a safe pedestrian To explore what it means to be a safe pedestrian.</p>
<p>Facial Expressions To explore different facial expressions and what they mean.</p>	<p>My Interests To see themselves as a valuable individual and to share their interests with the group.</p>	<p>Circus Skills To understand the importance of perseverance in the face of challenge.</p>	<p>Blindfold Walk To follow instructions involving several ideas or actions and to give simple instructions.</p>	<p>Teamwork To understand the importance of perseverance in the face of challenge.</p>	<p>Eating Healthily To explore what it means to eat healthily.</p>
<p>Creating a Calm Corner To identify different feelings and how to moderate behaviour socially and emotionally.</p>	<p>Similarities & Differences To explore diversity through thinking about similarities and differences.</p>	<p>Team Races To learn new skills, showing resilience and perseverance in the face of challenge.</p>	<p>Treasure Hunt To listen and respond to phrases and instructions that involve several ideas or actions.</p>	<p>Celebrating Friendships To plan a party to celebrate the special friendships within the class.</p>	<p>A Rainbow of food To understand the importance of healthy food choices and what a balanced diet is.</p>

Year 1
Introductory Lesson - setting ground rules for RSE & PSHE

PSHE Book Focus

Hair. It's a Family Affair	Errol's Garden	Want to Play Trucks?	Elmer	Going to the Volcano	My World, Your WOrd
Family & Relationships	Health & Wellbeing	Economic Wellbeing	Citizenship	Safety & Changing Body	Transition
<p>What is family? To understand that families look after us.</p>	<p>Understanding my emotions To describe and understand their feelings and to develop strategies for managing them.</p>	<p>What is money? To discover what money is and how it helps us.</p>	<p>Rules To begin to understand the importance of rules.</p>	<p>Adults in school To know how to respond to adults in a safe and familiar context.</p>	<p>Strengths and transition To understand their own strengths and to prepare for their move to a new class.</p>
<p>What are friendships? To begin to understand the importance and characteristics of positive friendships.</p>	<p>What am I like? To recognise and celebrate their strengths and set simple but challenging goals.</p>	<p>Keeping money safe To consider ways to keep coins safe.</p>	<p>Caring for others: Animals To understand that animals have different needs and how to care for them.</p>	<p>Adults outside of school To understand how to respond to adults in a range of situations.</p>	
<p>Recognising other people's emotions To recognise how others show feelings and how to respond.</p>	<p>Ready for bed To understand the benefits of physical activity & rest.</p>	<p>What is a bank? To recognise the purpose of banks and building societies.</p>	<p>The needs of others To begin to understand the needs of babies and young children.</p>	<p>Getting lost To understand what to do if you get lost.</p>	
<p>Working with others To begin to understand how friendships can make us feel.</p>	<p>Relaxation To know how to relax in different ways.</p>	<p>Saving & spending To begin to understand the differences between spending and saving money.</p>	<p>Similar, yet different To begin to recognise ways in which we are both the same as and different from other people.</p>	<p>Making an emergency phone call To know what an emergency is and how to make a phone call.</p>	
<p>Friendship Problems To begin to understand that friendships can have problems but we can overcome them.</p>	<p>Hand washing and personal hygiene To begin to understand how germs are spread and how we can stop them spreading.</p>	<p>Jobs in schools To identify the different job roles adults have in school.</p>	<p>Belonging To understand the range of groups that people belong to.</p>	<p>Appropriate contact To begin to understand the difference between acceptable and unacceptable physical contact.</p>	
<p>Healthy Relationships To begin to understand that being friendly to others makes them feel welcome and included.</p>	<p>Sun safety To begin to understand the risk associated with the sun.</p>	<p>Jobs out of school To identify and describe different jobs.</p>	<p>Democratic decisions To begin to understand how democracy works.</p>	<p>Safety with substances To begin to understand what is safe to put into or onto our bodies.</p>	
<p>Gender Stereotypes To begin to understand what is meant by a stereotype.</p>	<p>Allergies To begin to understand allergies.</p>			<p>Safety at home To understand that there are dangers at home and how these can be avoided.</p>	
	<p>People who help us keep healthy To understand that there are people in the local community who help to keep us healthy.</p>			<p>People who help to keep us safe To understand that there are people in the local community who help to keep us safe.</p>	

Year 2
Introductory Lesson - setting ground rules for RSE & PSHE

PSHE Book Focus

What the Jackdaw Saw	How to be a Lion	The Great big Book of Families	Can I join Your Club?	Amazing	We are Welcome
Families & Relationships	Health & Wellbeing	Economic Wellbeing	Citizenship	Safety & Changing Bodies	Transition
Families offer stability and love To begin to understand the role of the family in their lives.	Experiencing different feelings To describe a range of feelings and develop simple strategies for managing them.	Where does money come from? To explore the ways in which people receive money.	Rules beyond school To understand the importance of rules.	Introduction to the internet To understand what the internet is and how it can help us.	Transition Lesson To understand that change can cause mixed feelings.
Families are all different To begin to understand the range of families they may encounter now and in the future.	Healthy body, healthy brain: being active To understand the benefits of physical activity.	Exploring needs To identify basic needs essential for healthy growth.	Our school environment To understand ways to look after the school environment.	Communicating online To understand how to stay safe when using the internet.	
Managing Friendships To recognise how others show feelings in different ways and how to respond.	Relaxation: breathing exercises To use breathing exercises to relax.	Exploring wants To consider how people decide what they want.	Our local environment To recognise the roles people play in looking after the environment.	Secrets and surprises To begin to understand the difference between secrets and surprises.	
Unhappy Friendships To begin to understand that some friendships might make us feel unhappy and how to deal with this.	Steps to success To understand their strengths and set themselves achievable goals.	Bank cards and accounts To explore how bank accounts and cards help with managing money.	Job roles in the community To begin to understand the roles people have in the community.	Appropriate contact: My private parts To begin to understand the concept of privacy and the correct vocabulary for body parts.	
Introduction to manners and courtesy To begin to understand the conventions of courtesy and manners.	Resilience: developing a growth mindset To identify strategies to help overcome barriers or manage difficult emotions.	My skills and and talents To identify my skills and talents.	Similar yet different - my local community To recognise similarities and differences between people in the local community.	Appropriate contact: My private parts are private To understand safe and unsafe touches.	
Change and loss To begin to understand how loss and change can affect us.	Healthy Diet To understand what it means to have a healthy diet.	Everyone is welcome To describe how to make others feel included.	School council To begin to understand how democracy works in school.	Respecting personal boundaries To know my body is important and belongs to me.	
Gender stereotypes - Careers and jobs To develop an understanding of stereotypes and how these might affect job/career choices.	Looking after our teeth To understand ways of looking after our teeth.		Giving my opinion To understand ways to share an opinion.	Road safety To understand ways to keep safe on and near roads.	
				Road safety 2 To understand ways to keep safe on and near roads.	
				Staying safe with medicine To begin to understand how to stay	

safe with medicines.

Year 3
Introductory lesson: Setting ground rules and signposting

PSHE Book Focus

The Truth About Old People	The Hueys in the New Jumper	Planet Omar	Our House	We are all Wonders	Beegu
Family & Relationships	Health & Wellbeing	Economic Wellbeing	Citizenship	Safety & Changing Body	Transition
<p>Healthy families To understand that families love and support each other but sometimes problems can occur and help is available.</p>	<p>My Healthy Diary To understand and plan for a healthy lifestyle including physical activity, rest and diet.</p>	<p>How do people pay for things? To identify the advantages and disadvantages of different methods of payment.</p>	<p>Rights of the child To begin to understand the United Nations Convention on the Rights of the Child.</p>	<p>First Aid: Emergencies and calling for help To understand the role I can take in an emergency situation.</p>	<p>Coping strategies To understand the strategies people use to cope with change.</p>
<p>Friendship Conflict To understand that friendships have ups and downs and that problems can be resolved.</p>	<p>Relaxation Stretches To perform a range of relaxation stretches.</p>	<p>What does budgeting mean? To explain why budgeting is important.</p>	<p>Rights and Responsibilities To understand the responsibilities of both children and adults to help all children benefit from their rights.</p>	<p>First Aid: bites and stings To understand how to help if someone has been stung or bitten.</p>	
<p>Friendship: conflict versus bullying To begin to understand the impact of bullying.</p>	<p>Wonderful Me To understand the different aspects of my identity.</p>	<p>How do people feel about money? To identify how money can impact feelings and emotions.</p>	<p>Recycling To understand the environmental benefits of recycling.</p>	<p>Be kind online To understand the importance of being kind online and what this looks like.</p>	
<p>Effective Communication To listen and communicate effectively.</p>	<p>My Superpowers To identify my own strengths and begin to see how they can affect others.</p>	<p>What happens when people spend money? To explain how people's spending decisions can affect others and the environment.</p>	<p>Local community groups To understand the groups that make up the community.</p>	<p>Cyberbullying To understand that cyberbullying involves being unkind online.</p>	
<p>Learning who to trust To understand why trust is an important part of a positive relationship.</p>	<p>Resilience: breaking down barriers To break down barriers into smaller, achievable goals.</p>	<p>What careers do people have? To examine the wide range of available jobs and opportunities.</p>	<p>Charity To understand that charities care for others and how people can support them.</p>	<p>Fake emails To understand that not all emails are genuine.</p>	
<p>Respecting differences in others To begin to understand the differences between people and why it is important to respect these differences.</p>	<p>Communicating my feelings To recognise when to give consent.</p>	<p>Can anyone be anything? To explain why anyone can aspire to be anything.</p>	<p>Local democracy To begin to understand how democracy works in the local area.</p>	<p>Making choices To understand the choices people can make and those which are made by others.</p>	
<p>Stereotyping: Gender To recognise that stereotypes are present in everyday life.</p>	<p>Diet and dental health To understand the benefits of healthy eating and dental health.</p>		<p>Rules To understand why we have rules and the consequences of breaking rules at school and at home.</p>	<p>Influences To begin to recognise who and what can influence our decisions.</p>	
<p>Stereotyping: Age To recognise that stereotypes exist based on a number of factors.</p>				<p>Keeping safe out and about To develop an understanding of safety on or near roads.</p>	

Year 4
Introductory Lesson: Setting ground rules and signposting

PSHE Book Focus

TBC	When Sadness Comes to Call	Aalfred & Albert	Splash	Dogs Don't Do Ballet	Along Came a Different
Families & Relationships	Health & Wellbeing	Economic Citizenship	Citizenships	Safety & Changing Body	Transition
<p>Respect & Manners To develop understanding of courtesy and manners in a range of situations.</p>	<p>Looking after our teeth To understand how we can look after our teeth.</p>	<p>What is value for money? To recognise factors influencing value for money.</p>	<p>What are human rights? To begin to understand the Human Rights Convention.</p>	<p>Internet safety: Age restrictions To understand that age restrictions are designed to protect us.</p>	<p>Setting Goals To create goals to achieve before entering Year 5.</p>
<p>Healthy Friendships To begin to understand the physical and emotional boundaries in friendships.</p>	<p>Relaxation: visualisation To understand what relaxation feels like and that relaxation techniques can be used anywhere.</p>	<p>Why keep track of money? To understand the importance of monitoring money.</p>	<p>Caring for the environment To understand how reusing items benefits the environment.</p>	<p>Share aware To understand the benefits and risks of sharing material online.</p>	
<p>How my behaviour affects others To understand that my behaviour can have an impact on others.</p>	<p>Celebrating mistakes To develop a growth mindset and understand that mistakes are useful.</p>	<p>What ways are there to look after money? To describe different ways of keeping money safe.</p>	<p>Community To understand the role of groups in the wider community.</p>	<p>First Aid: asthma To understand how to help someone with asthma</p>	
<p>Bullying To understand the impact of bullying on the responsibility of bystanders to help.</p>	<p>Meaning and purpose: my role To identify my own strengths and begin to see how they can affect others.</p>	<p>What influences career choices To understand how different factors can influence career choices.</p>	<p>Contributing To understand the contribution groups make to a community.</p>	<p>Privacy and secrecy To develop understanding of privacy and the difference between secrets and surprises.</p>	
<p>Stereotypes: Gender To explore stereotypes in fictional characters and think about how these might influence us.</p>	<p>My happiness To identify what's important to me and to take responsibility for my own happiness.</p>	<p>Why make a career change? To explain why people can have more than one career in their life.</p>	<p>Diverse communities To understand the value of diversity in a community.</p>	<p>Consuming information online To understand that not all information on search engines is valuable.</p>	
<p>Stereotypes: Disability To recognise that stereotypes can relate to a number of factors.</p>	<p>Emotions To understand a range of emotions.</p>	<p>How can workplace stereotypes be challenged? To identify and challenge stereotyping in the workplace.</p>	<p>Local councillors To develop an understanding of the role of local government.</p>	<p>Growing up To recognise that change is part of growing up.</p>	
<p>Families in the wider world To begin to understand that families are very varied, in this country and across the world.</p>	<p>Mental Health To begin to understand what mental health is and who can help if I need it.</p>			<p>Introducing puberty To recognise the physical differences between children and adults.</p>	
<p>Change & Loss To explore how we can help following a bereavement.</p>				<p>Tobacco To begin to understand the risks of smoking and the benefits of being a non-smoker.</p>	

Year 5
Introductory lesson: Setting rules and signposting

PSHE Book Focus

Kenny Lives with Erica and Martina	The Girls	And Tango Makes Three	Rose Blanche	Mixed	How to Fix a Broken Wing
Families & Relationships	Health & Wellbeing	Economic Wellbeing	Citizenship	Safety & Changing Body	Transition
<p style="text-align: center;">Build a Friend</p> <p>To understand how to form and maintain positive relationships.</p>	<p style="text-align: center;">Relaxation Yoga</p> <p>To use yoga poses and breathing to relax.</p>	<p style="text-align: center;">Why prioritise needs over wants?</p> <p>To prioritise needs over wants.</p>	<p style="text-align: center;">Breaking the Law</p> <p>To begin to understand what happens when the law is broken.</p>	<p style="text-align: center;">Online Friendships</p> <p>To begin to understand some issues related to online friendships including the impact of their actions.</p>	<p style="text-align: center;">Roles & Responsibilities</p> <p>To understand the skills needed to take on responsibilities in school.</p>
<p style="text-align: center;">Friendship Skills</p> <p>To explore the ups and downs of friendships.</p>	<p style="text-align: center;">The importance of rest</p> <p>To understand the benefits of sleep.</p>	<p style="text-align: center;">What is a weekly budget?</p> <p>To create a weekly budget</p>	<p style="text-align: center;">Rights & Responsibilities</p> <p>To explore the links between rights and responsibilities.</p>	<p style="text-align: center;">Staying Safe Online</p> <p>To learn about staying safe online.</p>	
<p style="text-align: center;">Marriage</p> <p>To understand the concept of marriage.</p>	<p style="text-align: center;">Embracing Failure</p> <p>To understand the purpose of failure.</p>	<p style="text-align: center;">What is borrowing and loaning?</p> <p>To identify the significance of borrowing and loaning money.</p>	<p style="text-align: center;">Protecting the planet</p> <p>To understand how reducing our use of materials and energy will help the environment.</p>	<p style="text-align: center;">Puberty</p> <p>To understand physical changes during puberty.</p>	
<p style="text-align: center;">Respecting myself</p> <p>To begin to understand self-respect.</p>	<p style="text-align: center;">Going for goals</p> <p>To set short-term, medium-term and long-term goals.</p>	<p style="text-align: center;">What are the risks of handling money online?</p> <p>To examine the risks associated with handling money.</p>	<p style="text-align: center;">Contributing to the community</p> <p>To understand how we recognise and value the contribution people make to the community.</p>	<p style="text-align: center;">Menstruation</p> <p>To understand the menstrual cycle.</p>	
<p style="text-align: center;">Family Life</p> <p>To begin to understand that family relationships can sometimes make children feel unhappy and what they can do if this happens.</p>	<p style="text-align: center;">Taking responsibility for my feelings</p> <p>To take responsibility for my feelings and actions and to use vocabulary to describe it.</p>	<p style="text-align: center;">Why challenge workplace stereotypes?</p> <p>To identify and challenge stereotyping in the workplace.</p>	<p style="text-align: center;">Pressure Groups</p> <p>To recognise the role of pressure groups.</p>	<p style="text-align: center;">Emotional changes in puberty</p> <p>To understand emotional changes during puberty.</p>	
<p style="text-align: center;">Bullying</p> <p>To understand more about bullying and how to get help.</p>	<p style="text-align: center;">Healthy meals</p> <p>To understand and be able to plan healthy meals.</p>	<p style="text-align: center;">What makes a suitable career?</p> <p>To explore how personal interests and skills align with different careers.</p>	<p style="text-align: center;">Parliament</p> <p>To begin to understand how Parliament works.</p>	<p style="text-align: center;">First Aid: Bleeding and head injuries</p> <p>To understand how to help someone who is bleeding or who has suffered a head injury.</p>	
<p style="text-align: center;">Stereotyping: Gender</p> <p>To recognise how attitudes to gender have changed over time.</p>	<p style="text-align: center;">Sun safety</p> <p>To understand risks associated with the sun and how these can be avoided, taking independence for their own sun protection.</p>			<p style="text-align: center;">Alcohol, drugs and tobacco: making decisions</p> <p>To begin to understand the influence others have on us and how we can make our own decisions.</p>	
<p style="text-align: center;">Stereotypes: Race and religion</p> <p>To explore the impact of stereotypes and how they can lead to discrimination.</p>					

Year 6
Introductory Lesson: Setting rules and signposting

PSHE Book Focus

A Day in the Life of Marlon Bundo The Boy at the Back of the Class	King of the Sky	The Night Bus Hero	The Only Way is Badger	Leaf	The Island
Family & Relationships	Health & Wellbeing	Economic Wellbeing	Citizenship	Safety and Changing Body	Identity
<u>Respect</u> To understand what we mean by respect and why it is important.	<u>What can I be?</u> To identify long term goals and how to work towards them.	<u>How do people navigate their feelings about money?</u> To identify feelings around money and discuss their impact.	<u>Human Rights</u> To understand human rights, including the right to education.	<u>Alcohol</u> To begin to understand the risks of alcohol.	<u>What is identity?</u> To understand what factors contribute to identity.
<u>Respectful Relationships</u> To understand that respect is two-way and how we treat others is how we can expect to be treated.	<u>Relaxation: Mindfulness</u> To use mindfulness to manage emotions.	<u>How do people keep money safe?</u> To recognise how to safeguard money in digital and physical environments.	<u>Food choices and the environment</u> To understand some environmental issues relating to food and food production.	<u>Critical digital consumers</u> To start to become a discerning consumer of information online.	<u>Identity and body image</u> To understand that the media manipulates images.
<u>Stereotypes: Attitudes</u> To explore other people's attitudes and ideas and to begin to challenge these.	<u>Taking responsibility for my health</u> To understand and plan for a healthy lifestyle.	<u>What money responsibilities are there in secondary school?</u> To identify how money-related matters develop at secondary school.	<u>Caring for others</u> To understand how to show care and concern for others.	<u>Social Media</u> To understand that online relationships should be treated in the same way as face to face relationships.	Transition
<u>Challenging Stereotypes</u> To understand stereotypes and be able to share information on them.	<u>The impact of technology on health</u> To understand the potential impact of technology on physical and mental health.	<u>What are the risks of gambling?</u> To recognise risks of gambling.	<u>Prejudice and discrimination</u> To recognise prejudice and discrimination and learn how these can be challenged.	<u>Physical and emotional changes of puberty</u> To understand the changes that happen during puberty.	<u>Dealing with Change</u> To understand that a big change can bring opportunities and worries.
<u>Resolving Conflict</u> To resolve disputes and conflict through negotiation and compromise.	<u>Resilience Toolbox</u> To reflect on skills they have developed to identify and respond to difficult situations.	<u>What is a workplace?</u> To explore how different careers operate in a workplace.	<u>Valuing diversity</u> To understand diversity and the value different people bring to a community.	<u>Conception</u> To understand the biology of conception.	
<u>Change & Loss</u> To begin to understand the process and emotions relating to grief.	<u>Immunisation</u> To understand ways that we can help prevent ourselves and others from becoming ill.	<u>What career routes are there?</u> To explore different career routes and their requirements.	<u>National Democracy</u> To begin to understand how the Government works.	<u>Pregnancy & Birth</u> To understand the development of the baby during pregnancy.	
	<u>Good and bad habits</u> To understand how habits can be good or bad for our health.			<u>First Aid: Choking</u> To understand how to help someone who is choking.	
	<u>Physical health concerns</u> To understand what happens when we are ill and begin to understand when to seek support.			<u>First Aid: Basic Life Support</u> To understand how to help someone who is unresponsive.	