

**INTENT** – Luddenden CE School is committed to providing an inclusive environment which nurtures health, self-respect, confidence and resilience. Our PSHE and RSE curriculum aims to ensure that all pupils develop the knowledge, skills, attributes and resilience they need to manage their lives well now and in the future. As well as meeting the statutory guidance for Relationships Education, this curriculum is designed to help children to stay healthy and safe while preparing them to make the most of life and work. Our core values in PSHE & RSE are respect, empathy, belonging and courage.

**IMPLEMENTATION** – Learning opportunities will be based on three core themes, with extensive overlap:

- Core theme 1: Health & Wellbeing
- Core theme 2: Relationships
- Core theme 3: Living in the wider world.

Learning is planned according to pupils’ development, readiness and needs, and takes into account prior learning, experience and understanding. PSHE education addresses both pupils’ direct experience and preparation for their future. Therefore, we feel it is important to provide a spiral programme of knowledge, skills and attribute development, where prior learning is revisited, reinforced and extended in age and key stage appropriate contexts. We believe that PSHE education should reflect the universal needs shared by all pupils as well as the specific needs of the pupils at our school.

**IMPACT** – Children have the information and skills they need to make good decisions about their own health and wellbeing. Pupils develop the ability to regulate their own emotions and are empathetic towards others. Pupils develop the resilience, character and inspiration that we know are fundamental to them being happy, successful and productive members of society.

**PSHE & RSE CURRICULUM FRAMEWORK - WHOLE SCHOOL OVERVIEW**

Term Core Theme Topics	Autumn			Spring			Summer		
	Relationships			Living in the Wider World			Health & Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Keeping safe	Growing and changing
<b>Year 1</b>	Roles of different people; families; feeling cared for R1, R2, R3, R4, R5	Recognising privacy; staying safe; seeking permission R10, R13, R15, R16, R17	How behaviour affects others; being polite and respectful R21, R22	What rules are; caring for others’ needs; looking after the environment L1, L2, L3	Using the internet and digital devices; communicating online L7, L8	Strengths and interests; jobs in the community L14, L16, L17	Keeping healthy; food and exercise, hygiene routines; sun safety H1, H2, H3, H5, H8, H9, H10	How rules and age restrictions help us; keeping safe online H11, H12, H13, H14, H15, H21, H22, H23, H24	Recognising what makes them unique and special; feelings; managing when things go wrong H28, H34
<b>Year 2</b>	Making friends; feeling lonely and getting help R6, R7, R8, R9, R24	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour R11, R12, R14, R18, R19, R20	Recognising things in common and differences; playing and working cooperatively; sharing opinions R23, R24, R25	Belonging to a group; roles and responsibilities; being the same and different in the community L2, L4, L5, L6	The internet in everyday life; online content and information L8, L9	What money is; needs and wants; looking after money L10, L11, L12, L13, L15	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help H4, H6, H7, H16, H17, H18, H19, H20	Safety in different environments; risk and safety at home; emergencies H20, H25, H26, H27	Growing older; naming body parts; moving class or year H29, H30, H31, H32, H33, H35, H36, H27
<b>Year 3</b>	What makes a family; features of family life R1, R6, R7, R8, R9	Personal boundaries; safely responding to others; the impact of hurtful behaviour R19, R22, R24, R30	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite R30, R31	The value of rules and laws; rights, freedoms and responsibilities L1, L2, L3	How the internet is used; assessing information online L11, L12	Different jobs and skills; job stereotypes; setting personal goals L25, L26, L27, L30	Health choices and habits; what affects feelings; expressing feelings H1, H2, H3, H4, H6, H7, H17, H18, H19	Risks and hazards; safety in the local environment and unfamiliar places H27, H28, H29	Personal strengths and achievements; managing and reframing setbacks H38, H39, H41
<b>Year 4</b>	Positive friendships, including online R10, R11, R12, R13, R18	Responding to hurtful behaviour; managing confidentiality; recognising risks online R20, R23, R27, R28	Respecting differences and similarities; discussing difference sensitively R32, R33	What makes a community; shared responsibilities L4, L6, L7	How data is shared and used L13, L14	Making decisions about money; using and keeping money safe L17, L19, L20, L21	Maintaining a balanced lifestyle; oral hygiene and dental care H2, H5, H11	Medicines and household products; drugs common to everyday life H30, H31, H32, H34	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty H10, H38, H40, H46
<b>Year 5</b>	Managing friendships and peer influence R14, R15, R16, R17, R18, R26	Physical contact and feeling safe R9, R25, R26, R27, R29	Responding respectfully to a wide range of people; recognising prejudice and discrimination R20, R21, R31, R33	Protecting the environment; compassion towards others L4, L5, L19	How information online is targeted; different media types, their role and impact L12, L14	Identifying job interests and aspirations; what influences career choices; workplace stereotypes L27, L28, L29, L31, L32	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies H8, H9, H10, H12	Keeping safe in different situations, including responding in emergencies, first aid and FGM H16, H25, H26, H27	Personal identity; recognising individuality and different qualities; mental wellbeing H38, H43, H44, H45
<b>Year 6</b>	Attraction to others; romantic relationships; civil partnership and marriage R1, R2, R3, R4, R5, R7	Recognising and managing pressure; consent in different situations R26, R28, R29	Expressing opinions and respecting other points of view, including discussing topical issues R26, R28, R29	Valuing diversity; challenging discrimination and stereotypes L8, L9, L10, R21	Evaluating media sources; sharing things online H37, L11, L13, L15, L16	Influences and attitudes to money; money and financial risks L18, L22, L23, L24	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online H13, H14, H15, H20, H21, H22, H23, H24	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media H24, H33, H35, H36	Human reproduction and birth; increasing independence; managing transition H37, H42, H46, H47, H48, H49, H50