

Curriculum Overview - PRSE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1	What is special about me? (Families, friends, likes and dislikes and being unique)	Who looks after me? (family and jobs, keeping children safe and roles of people e.g. police, nurses)	What do you want to be when you grow up? (Ambitions, job roles and stereotypes, )	How can I help the school environment? (Understanding recycling, effects of litter and plastic pollution and improving the school environment)	How can I have a healthy lifestyle? (physical - diet, exercise, sleep and keeping clean)	How do I keep myself safe? (home and dialling 999, road safety, swimming and online safety)
Y2	What makes a good friend? (Family and friends, attributes of a friend and how to reconcile friendships)	Should we keep secrets? (safe relationships, online safety mental well-being and bullying)	How do I buy what I want? (the value of money, difference between needs and wants)	Why is nature special? (How nature makes children feel, importance of bees and looking at nature around the school)	How can I have a healthy lifestyle? (mental well-being - expressing feelings, hobbies and doing things you like)	How does my body work and how do I look after it? (body parts, external genitalia, dental hygiene, sun care and medicines)
Y3	What is a family? (wider types of families)	What is an emotion? (feelings, how they change and accepting them)	What is a community? (different groups, contributions and diversity, race, in different cultures)	Why is water important? (where is water, uses of water and how to save water)	How do I keep myself safe? (rail, water, fire, medicines and online safety)	How do I keep fit? (Diet and exercise, sleep and medicines)
Y4	What is a family? (what is a healthy family relationship and how to get help and support)	How do I manage my feelings and thoughts and how do I express them? (personal behaviour, respect and mental well-being)	What are Human Rights? (Understanding Human rights and right of children)	What choices do I have? (personal hygiene, money and further education)	What is first aid? (importance of health and safety, broken bones and bleeding)	Why do bodies change? (hygiene, growing up and changes)
Years 5 and 6 - Plan A	Why do we have relationships? (different types of relationships)	What are my aspirations? (feeling of self-worth, dreams and ambitions, failure, careers and jobs)	What is a democracy? (Understanding rights and responsibilities of decisions and actions and parliament works)	What is social media? (reliability of sources, data, online safety and impact)	What is adolescence? (life cycles, human growth emotional and mental well-being)	What can I do to help in an emergency? How do I deal with grief? (first aid)
Years 5 and 6 - Plan B	Why do we have relationships? (forced relationships, arranged marriages)	Why is self-respect important? (discrimination, race, gender and stereotypes)	What is wealth? (riches, money, personally and on a global scale)	Why are stereotypes harmful? (gender, religion, race and labels e.g. autism, ADHD)	What are the 'teenage years'? (puberty, emotional and mental well-being)	How do I make the right choices? (Drugs, alcohol, keeping safe mentally and physically)

Relationships

Living in the Wider World

Health and Well-Being