

Chase View Curriculum Overview - Personal Relationships Social Education - PRSE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Pre-school	Can I do things for myself? (sense of self, responds to boundaries, separates from carer, expresses own preferences and interests)	Would you like to play? (playing alongside others or a familiar adult, responds to the feelings and wishes of others, interested in others play and starting to join in.)	Can you find a friends to play with? (Gradually engaging in pretend play, expresses own preferences and interests)	How do I keep clean? (show desire to help dress/undress and hygiene rules, some awareness of oral health)	Can you take turns? (Plays co-operatively with others, learn some things are theirs, some are shared and some belong to other people)	Can you dress yourself? (become more independent in self-care including hand washing, toileting and putting on and off own coat.)
Nursery	How do I make a friend? (Play with one or more children, show confidence in new social situations)	How can I work as a team with others at school? (Talk with others to solve conflict, develop appropriate ways to be assertive)	How can I help you? (Develop their sense of responsibility, increasingly follow the rules)	What affects our bodies? (Making healthy choices about food, drink activity/exercise and oral health)	Which emotions do I express? (Be more outgoing with unfamiliar people, talk about their feelings and understand how others may be feeling)	Can I dress myself? (be increasingly independent as they get dressed and undressed and in meeting their own personal needs.)
Reception	How do we learn and play with others at school? (show an understanding of feelings and those of others and begin to regulate their behaviour accordingly)	What makes a good friend? (Work and play cooperatively and take turns with others)	How do I stay safe and help keep others safe? (Set and work towards simple goals, control immediate impulses, explain reasons for rules and know right and wrong)	How do I keep myself happy and healthy? (Manage their own basic hygiene and personal needs, understand the importance of healthy food choices and good oral health)	Why do people celebrate different things? (Know similarities and differences between different religious and cultural communities, talk about the lives of people around them and roles in society)	How do I feel about change? (Be confident to try new activities and show independence, resilience and perseverance)
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 do I look after my health and well-being? (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 do I look after my body and keep safe? (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)
Y5/6 - 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)
Y5/6 - 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