



'Let Your Light Shine'  
(Matthew 5)

Whitley Memorial Primary School  
Whole school PSHE/ RSE curriculum overview

Year Group	Nurser/ Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	<b><u>Me and My Relationships</u></b>	<b><u>Me and My Relationships</u></b>	<b><u>Me and My Relationships</u></b>	<b><u>Me and My Relationships</u></b>	<b><u>Me and My Relationships</u></b>	<b><u>Me and My Relationships</u></b>	<b><u>Me and My Relationships</u></b>
	<ul style="list-style-type: none"> <li>What makes me special</li> <li>People close to me</li> <li>Getting help</li> </ul>	<ul style="list-style-type: none"> <li>Feelings</li> <li>Getting help</li> <li>Classroom rules</li> <li>Special people</li> <li>Being a good friend</li> </ul>	<ul style="list-style-type: none"> <li>Bullying and teasing</li> <li>Our school rules about bullying</li> <li>Being a good friend</li> <li>Feelings/self-regulation</li> </ul>	<ul style="list-style-type: none"> <li>Rules and their purpose</li> <li>Cooperation</li> <li>Friendship (including respectful relationships)</li> <li>Coping with loss</li> </ul>	<ul style="list-style-type: none"> <li>Healthy relationships</li> <li>Listening to feelings</li> <li>Bullying</li> <li>Assertive skills</li> </ul>	<ul style="list-style-type: none"> <li>Feelings</li> <li>Friendship skills, including compromise</li> <li>Assertive skills</li> <li>Cooperation</li> <li>Recognising emotional needs</li> </ul>	<ul style="list-style-type: none"> <li>Assertiveness</li> <li>Cooperation</li> <li>Safe/unsafe touches</li> <li>Positive relationships</li> </ul>
Autumn 2	<b><u>Valuing Differences</u></b>	<b><u>Valuing Differences</u></b>	<b><u>Valuing Differences</u></b>	<b><u>Valuing Differences</u></b>	<b><u>Valuing Differences</u></b>	<b><u>Valuing Differences</u></b>	<b><u>Valuing Differences</u></b>
	<ul style="list-style-type: none"> <li>Similarities and difference</li> <li>Celebrating difference</li> <li>Showing kindness</li> </ul>	<ul style="list-style-type: none"> <li>Recognising, valuing and celebrating difference</li> <li>Developing respect and accepting others</li> <li>Bullying and getting help</li> </ul>	<ul style="list-style-type: none"> <li>Being kind and helping others</li> <li>Celebrating difference</li> <li>People who help us</li> <li>Listening Skills</li> </ul>	<ul style="list-style-type: none"> <li>Recognising and respecting diversity</li> <li>Being respectful and tolerant</li> <li>My community</li> </ul>	<ul style="list-style-type: none"> <li>Recognising and celebrating difference (including religions and cultural difference)</li> <li>Understanding and challenging stereotypes</li> </ul>	<ul style="list-style-type: none"> <li>Recognising and celebrating difference, including religions and cultural</li> <li>Influence and pressure of social media</li> </ul>	<ul style="list-style-type: none"> <li>Recognising and celebrating difference</li> <li>Recognising and reflecting on prejudice-based bullying</li> <li>Understanding Bystander behaviour</li> <li>Gender stereotyping</li> </ul>
Spring 1	<b><u>Keeping Myself Safe</u></b>	<b><u>Keeping Myself Safe</u></b>	<b><u>Keeping Myself Safe</u></b>	<b><u>Keeping Myself Safe</u></b>	<b><u>Keeping Myself Safe</u></b>	<b><u>Keeping Myself Safe</u></b>	<b><u>Keeping Myself Safe</u></b>
	<ul style="list-style-type: none"> <li>Keeping my body safe</li> <li>Safe secrets and touches</li> <li>People who help to keep us safe</li> </ul>	<ul style="list-style-type: none"> <li>How our feelings can keep us safe – including online safety</li> <li>Safe and unsafe touches</li> <li>Medicine Safety</li> <li>Sleep</li> </ul>	<ul style="list-style-type: none"> <li>Safe and unsafe secrets</li> <li>Appropriate touch</li> <li>Medicine safety</li> </ul>	<ul style="list-style-type: none"> <li>Managing risk</li> <li>Decision-making skills</li> <li>Drugs and their risks</li> <li>Staying safe online</li> </ul>	<ul style="list-style-type: none"> <li>Managing risk</li> <li>Understanding the norms of drug use (cigarette and alcohol use)</li> <li>Influences</li> <li>Online safety</li> </ul>	<ul style="list-style-type: none"> <li>Managing risk, including online safety</li> <li>Norms around use of legal drugs (tobacco, alcohol)</li> <li>Decision-making skills</li> </ul>	<ul style="list-style-type: none"> <li>Understanding emotional needs</li> <li>Staying safe online</li> <li>Drugs: norms and risks (including the law)</li> </ul>
Spring 2	<b><u>Rights and Responsibilities</u></b>	<b><u>Rights and Responsibilities</u></b>	<b><u>Rights and Responsibilities</u></b>	<b><u>Rights and Responsibilities</u></b>	<b><u>Rights and Responsibilities</u></b>	<b><u>Rights and Responsibilities</u></b>	<b><u>Rights and Responsibilities</u></b>
	<ul style="list-style-type: none"> <li>Looking after things: friends, environment, money</li> </ul>	<ul style="list-style-type: none"> <li>Taking care of things: Myself</li> <li>My money</li> <li>My environment</li> </ul>	<ul style="list-style-type: none"> <li>Cooperation</li> <li>Self-regulation</li> <li>Online safety</li> <li>Looking after money – saving and spending</li> </ul>	<ul style="list-style-type: none"> <li>Skills we need to develop as we grow up</li> <li>Helping and being helped</li> <li>Looking after the environment</li> <li>Managing money</li> </ul>	<ul style="list-style-type: none"> <li>Making a difference (different ways of helping others or the environment)</li> <li>Media influence</li> <li>Decisions about spending money</li> </ul>	<ul style="list-style-type: none"> <li>Rights and responsibilities</li> <li>Rights and responsibilities relating to my health</li> <li>Making a difference</li> <li>Decisions about lending, borrowing and spending</li> </ul>	<ul style="list-style-type: none"> <li>Understanding media bias, including social media</li> <li>Caring: communities and the environment</li> <li>Earning and saving money</li> <li>Understanding democracy</li> </ul>
Summer 1	<b><u>Being my Best</u></b>	<b><u>Being my Best</u></b>	<b><u>Being my Best</u></b>	<b><u>Being my Best</u></b>	<b><u>Being my Best</u></b>	<b><u>Being my Best</u></b>	<b><u>Being my Best</u></b>
	<ul style="list-style-type: none"> <li>Keeping by body healthy – food, exercise, sleep</li> <li>Growth Mindset</li> </ul>	<ul style="list-style-type: none"> <li>Growth Mindset</li> <li>Healthy eating</li> <li>Hygiene and health</li> <li>Cooperation</li> </ul>	<ul style="list-style-type: none"> <li>Growth Mindset</li> <li>Looking after my body</li> <li>Hygiene and health</li> <li>Exercise and sleep</li> </ul>	<ul style="list-style-type: none"> <li>Keeping myself healthy and well</li> <li>Celebrating and developing my skills</li> <li>Developing empathy</li> </ul>	<ul style="list-style-type: none"> <li>Having choices and making decisions about my health</li> <li>Taking care of my environment</li> <li>My skills and interests</li> </ul>	<ul style="list-style-type: none"> <li>Growing independence and taking responsibility</li> <li>Keeping myself healthy</li> <li>Media awareness and safety</li> <li>My community</li> </ul>	<ul style="list-style-type: none"> <li>Aspirations and goal setting</li> <li>Managing risk</li> <li>Looking after my mental health</li> </ul>
Summer 2	<b><u>Growing and Changing</u></b>	<b><u>Growing and Changing</u></b>	<b><u>Growing and Changing</u></b>	<b><u>Growing and Changing</u></b>	<b><u>Growing and Changing</u></b>	<b><u>Growing and Changing</u></b>	<b><u>Growing and Changing</u></b>
	<ul style="list-style-type: none"> <li>Cycles</li> <li>Life stages</li> </ul>	<ul style="list-style-type: none"> <li>Getting help</li> <li>Becoming independent</li> <li>My body parts</li> <li>Taking care of self and others</li> </ul>	<ul style="list-style-type: none"> <li>Life cycles</li> <li>Dealing with loss</li> <li>Being supportive</li> <li>Growing and changing</li> <li>Privacy</li> </ul>	<ul style="list-style-type: none"> <li>Relationships</li> <li>Changing bodies and puberty</li> <li>Keeping safe</li> <li>Safe and unsafe secrets</li> </ul>	<ul style="list-style-type: none"> <li>Body changes during puberty</li> <li>Managing difficult feelings</li> <li>Relationships including marriage</li> </ul>	<ul style="list-style-type: none"> <li>Managing difficult feelings</li> <li>Managing change</li> <li>How my feelings help keeping safe</li> <li>Getting help</li> </ul>	<ul style="list-style-type: none"> <li>Coping with changes</li> <li>Keeping safe</li> <li>Body Image</li> <li>Sex education</li> <li>Self-esteem</li> </ul>



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