

Relationships, Health and Sex Education (RHSE) / Personal, Social, Health and Economic (PSHE)



Stage	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundations for Learning	<p>All About Me & My Community Building confidence, relationships, and familiarity with routines. Begin to talk about themselves and their likes, build relationships with adults and peers, explore feelings of starting school and new routines and learn simple classroom expectations.</p>	<p>Feelings, Friendships & Kindness Recognising emotions, communicating needs, and early friendship skills. Pupils will recognise a wider range of feelings in themselves, and others use simple strategies to express needs (e.g., “stop, I don’t like it” and begin to show empathy and kindness.</p>	<p>Health, Hygiene & Growing Basic self-care, understanding how their bodies change, and healthy choices. Pupils will understand simple hygiene routines (handwashing, tissues), begin to talk about growing and changes since they were babies and recognise what keeps them healthy (sleep, food, movement).</p>	<p>Keeping Safe Dangers, safe adults, and understanding consent through play. Pupils will recognise safe and unsafe situations in school and home, know who helps them and who to go to if worried and understand personal boundaries (“my body belongs to me” using age-appropriate language).</p>	<p>Living in Our World: People, Culture & Community Understanding diversity, belonging, and respecting others. Pupils will notice and celebrate similarities and differences. begin to understand local community roles (e.g., postal workers, firefighters and experience traditions from a range of cultures.</p>	<p>Moving On & Getting Ready for What’s Next Resilience, transitions, and confidence for the next stage. Pupils will Understand that change is normal, share worries and excitement about moving up and develop independence in self-help routines.</p>
Stage 1:	<p>Making friends: playing and learning together This unit explores how to listen, share, work cooperatively, and when and how to ask for permission. Pupils learn about friendships, including falling out and how to recognise bullying.</p>	<p>Mental health and wellbeing This unit supports pupils to notice and name different types of feelings and thoughts – and learn simple self-regulation strategies to manage them.</p>	<p>Celebrating me, you and our families This unit explores similarities and differences, as well as everyone’s individuality. Pupils look at different families and how family members can show care and love for each other.</p>	<p>Safety at home This unit introduces pupils to hazards and risk in the context of the home. It explores strategies for staying safe, including in relation to household products and medicines.</p>	<p>Being Healthy: This unit teaches about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety.</p>	<p>Showing kindness to ourselves and others: This unit revisits learning about feelings and explores the importance of kindness.</p>

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<p>Stage 2:</p>	<p>Mental health and wellbeing:</p> <p>This unit builds on the learning in stage1 by exploring a range of feelings and their intensity, and simple strategies to help manage them. The unit also introduces different kinds of change and loss (including bereavement).</p>	<p>Keeping safe online:</p> <p>This unit explores how online content can impact feelings and supports pupils to make safe choices about what they watch or share online (including the importance of not sharing personal information).</p>	<p>Money and work (Economic Wellbeing & Careers)</p> <p>This unit examines people’s different strengths and interests and what this means for the jobs they might choose. It explores what money is, how jobs can help people earn money and how to distinguish between needs and wants.</p>	<p>Keeping safe outside the home</p> <p>This unit builds and prior learning about risk through the context of road and rail safety. Pupils learn what an ‘emergency is’ and how to get help from an adult in an emergency or call 99 themselves if they need to.</p>	<p>Me, my body and staying safe</p> <p>This unit explores how people change as they grow from young to old. Pupils are introduced to the names of private body parts, including genitalia and learn how the talk PANTS rule can help keep children safe.</p>	<p>Looking back and moving on</p> <p>Use this unit to consolidate learning – this could include an extended project rehearsing skills and extending knowledge from previous units. It is also an opportunity to celebrate pupils’ achievements and prepare them for the transition to our middle school groups.</p>
<p>Stage 3:</p>	<p>Me, my friends and belonging</p> <p>This unit explores themes of personal identity and friendship. Pupils learn ways to make others feel welcome and included</p>	<p>Mental health and wellbeing</p> <p>Building on the learning in year 2, this unit develops pupils’ bank of self-regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries.</p>	<p>Building healthy habits</p> <p>This unit develops pupils’ understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity.</p>	<p>Making choices online</p> <p>This unit explores how to protect information online and make choices about online content, including understanding age ratings.</p>	<p>Keeping safe out and about</p> <p>This unit supports pupils to identify risk and keep safe in the sun, as well as around railways and water.</p>	<p>Looking out for each other</p> <p>This unit explores the basics of first aid, and revisits how to make an efficient call to the emergency services.</p>
<p>Stage 4:</p>	<p>Mental health and wellbeing</p> <p>Building on the learning in stage 3, this unit extends pupils’ understanding of self-regulation strategies and explores factors that can support wellbeing.</p>	<p>Exploring ways to manage risk</p> <p>This unit explores assessing and managing risk in different contexts, and the role that peer influence can play in personal safety.</p>	<p>Forming respectful relationships</p> <p>This unit supports pupils to respond appropriately to conflicts and bullying, and to understand the importance of kindness.</p>	<p>Money matters and news literacy (Economic Wellbeing & Careers)</p> <p>This unit explores how attitudes and influences can impact decisions about money. It encourages pupils to critically engage with news stories and recognise how they might affect emotions.</p>	<p>Me, my body and growing up</p> <p>This unit focuses on the physical and emotional changes experienced during puberty and builds pupils’ confidence in using the Talk PANTS rule to keep safe.</p>	<p>Families and growing together</p> <p>This unit supports pupils’ understanding of diverse family structures, and how families can change.</p>

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Stage 5:	Friendships, stereotypes and bullying This unit explores respectful relationships and what to do about bullying. Pupils learn how to recognise and challenge stereotypes and prejudiced or extreme views.	Mental health and wellbeing This unit revisits and builds on prior learning about mental health, exploring how different self-regulation strategies can help shift habitual thoughts and emotions, and support wellbeing.	Positively engaging with our world This unit examines healthy ways of engaging with news stories and the impact that climate change can have on emotions and wellbeing.	Embedding healthy habits and learning first aid This unit supports pupils to recognise the benefits of healthy habits such as sun safety, regular exercise and goal setting. It also covers first aid.	Respecting boundaries This unit explores personal boundaries, different types of touches, and how to respectfully ask, give or not give permission.	Safe connections This unit supports pupils to stay safe and manage risks if socialising online. It also touches on cybercrime.
Stage 6:	Mental health and wellbeing This unit revisits and builds on prior learning about mental health, helping pupils to explore strategies that support wellbeing – including in the context of the transition to middle and upper school.	Managing money and online spending This unit explores economic wellbeing and online financial harms (incorporating elements of statutory RSHE) – including targeted advertising and other influences on online spending	Developing our AI literacy This unit introduces different types of AI, including generative AI, and explores the opportunities, challenges and risks associated with its use.	Drug education: assessing risk and managing influences This unit covers legal and illegal drugs, and the risks and effects of legal and illegal drug use.	Changes in puberty (and sex education*) This unit builds pupils’ understanding of how to manage the changes that occur during puberty, including increased independence and new sleep patterns. *The parental right to withdraw applies to sex education.	Looking to the future (Economic Wellbeing & Careers) This unit explores career related learning (including different career pathways) and supports pupils to prepare for the transition to secondary school.
Stage 7:	Emotional wellbeing: managing change and transition This unit helps students transition to secondary school, set learning goals and develop social and emotional skills.	Friendship and bullying This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents.	Families and changing relationships This unit covers the role of families, including caring for each other in changing circumstances, such as divorce or separation.	Financial decisions (Economic Wellbeing & Careers) This unit supports students to develop their financial literacy and rehearse decision-making and risk assessment skills in relation to money and spending.	Puberty and keeping safe This unit revisits learning about puberty from KS2. It then focuses on specific learning about testicular and vulval health, as well as how to identify and report abuse.	Influences on relationships This unit helps students consider influences on their expectations of – and attitudes towards – relationships, including online and media influences.

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<p>Stage 8:</p>	<p>Health and wellbeing</p> <p>In this unit, students develop decision-making skills that support a healthy lifestyle and their wellbeing: from considerations about food, exercise and sleep, to assessing the impact of climate change on young people's wellbeing.</p>	<p>Personal safety and managing risk</p> <p>This unit is an opportunity for students to assess risk and support their personal safety in a range of contexts, including on the roads, around water, and in relation to alcohol and other drugs.</p>	<p>Belonging and community</p> <p>This unit focuses on how to create respectful and cohesive communities. It helps students recognise and challenge bias, stereotypes and discrimination and promote inclusion</p>	<p>The online world</p> <p>This unit helps students to recognise how their behaviour can be manipulated online, through algorithms and targeted content. It helps students assess how online platforms generate income through users.</p>	<p>Healthy and unhealthy relationships</p> <p>This unit introduces a range of relationship issues facing young people, including harassment, image-sharing and gendered violence, and how to get support.</p>	<p>Managing money (Economic Wellbeing & Careers)</p> <p>This unit builds on previous learning about financial decision making to explore aspects of daily economic wellbeing, such as managing bank accounts and different ways of saving and borrowing.</p>
<p>Stage 9:</p>	<p>Mental health and wellbeing</p> <p>Building on previous learning, this unit gives students the opportunity to rehearse essential self-regulation strategies and apply them to new and complex situations.</p>	<p>Managing risk in relation to the law</p> <p>This unit helps students to assess the ways young people might be drawn into criminal behaviour, and the impact of breaking the law.</p>	<p>Drug education</p> <p>This unit builds on previous learning, focusing on developing skills to manage situations involving alcohol, vapes or other substances.</p>	<p>Navigating online harms</p> <p>This unit explores online harms young people may be exposed to, focusing on how they can respond to deepfake AI images and misogynistic narratives.</p>	<p>Intimate sexual relationships</p> <p>In this unit, students revisit learning about consent and learn about healthy, safe sexual relationships, including using contraception.</p>	<p>Careers and future choices (Economic Wellbeing & Careers)</p> <p>This unit supports students to prepare for making option choices by thinking about their career goals and future.</p>
<p>Stage 10:</p>	<p>Independence, health choices and wellbeing</p> <p>This unit supports students to make informed, healthy and responsible health choices as they transition to key stage 4.</p>	<p>Navigating the online world</p> <p>This unit helps students understand the impacts and risks of AI and digital technologies, including misinformation, deepfakes, and sharing images.</p>	<p>Friendship, diversity and challenging extremism</p> <p>This unit supports students to challenge bullying and harmful attitudes, promote inclusion, and recognise and respond to extremism.</p>	<p>Managing influence</p> <p>This unit helps students to evaluate online content, understand how harmful attitudes such as misogyny spread, and recognise the impact of content on wellbeing, attitudes and behaviour.</p>	<p>Exploring consent and recognising abuse</p> <p>This unit revisits and deepens students' understanding of consent, and helps them recognise, challenge and seek support for harmful behaviours or abuse.</p>	<p>Study, work and careers (Economic Wellbeing & Careers)</p> <p>This unit explores career choices and pathways, work experience, and applications for study or work.</p>

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<p>Stage 11:</p>	<p>Life-long wellbeing</p> <p>This unit revisits and builds on prior learning about mental health, helping students to explore strategies that support wellbeing, especially when managing workload and preparing for exams.</p>	<p>Drugs and personal safety</p> <p>This unit supports students to understand the risks linked to substance use and gang involvement, manage external influences, and develop strategies to stay safe and seek support.</p>	<p>Online financial harms</p> <p>This unit supports students to understand online financial risks, manage spending safely, and recognise and respond to financial exploitation.</p>	<p>Families, fertility and pregnancy</p> <p>This unit explores family life, including committed relationships and parenting responsibilities, fertility and routes to parenthood, and options in the case of unplanned pregnancy.</p>	<p>Safe relationships and sexual health</p> <p>This unit helps students to recognise healthy and unhealthy relationship behaviours, explore power and control, set boundaries, manage conflict and breakups, and make informed decisions about sexual health.</p>	<p>Work Experience/Exams/College & Careers preparation.</p>
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