



Carter's Charity Primary School

SUBJECT – PSHE/RSE CURRICULUM OVERVIEW

CYCLE A

2024 -2025

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YR	Me & My relationships What makes me special People close to me Getting help	Valuing Difference Similarities and difference Celebrating difference Showing kindness	Keeping Myself Safe Keeping my body safe Safe secrets and touches People who help to keep us safe	Growing and Changing Looking after things: friends, environment, money	Rights and Responsibilities Keeping by body healthy –food, exercise, sleep Growth Mindset	Being My Best Cycles Life stages
Y1	Keeping myself safe How our feelings can keep us safe Keeping healthy Medicine Safety	Being My Best Growth Mindset Keeping my body healthy	Me & My Relationships Feelings Getting help Classroom rules	Valuing Difference Recognising, valuing and celebrating difference Developing tolerance and respect	Rights & Responsibilities Taking care of things My self My money My environment	Growing & Changing Getting help Becoming independent My body parts
Y2	Keeping myself safe Safe and unsafe secrets Appropriate touch Medicine safety	Me & My Relationships Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being my Best Growth Mindset Looking after my body	Valuing Difference Being kind and helping others Listening Skills	Rights & Responsibilities Cooperation Self-regulation	Growing & Changing Life cycles Dealing with loss Being supportive
Y3	Keeping Myself Safe Managing risk Drugs and their risks Staying safe online	Me and My Relationships Cooperation Caring friendships (Includes respectful relationships)	Valuing Difference Recognising and respecting diversity Being respectful and tolerant	Being my Best Keeping myself healthy Celebrating and developing my skills	Growing and Changing Relationships Menstruation Keeping safe	Rights and Responsibilities Skills we need to develop as we grow up Helping and being helped
Y4	Keeping Safe (Online Safety) Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences	Me and My Relationships Recognising feelings Bullying Assertive skills	Valuing Difference Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Being my Best Having choices and making decisions about my health Taking care of my environment	Growing and Changing Body changes during puberty Managing difficult feelings Relationships including marriage	Rights and Responsibilities Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money
Y5	Keeping myself safe Managing risk, including staying safe online Norms around use of legal drugs (tobacco, alcohol)	Me and my relationships Feelings Friendship skills, including compromise Assertive skills	Valuing Difference Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Rights and responsibilities Rights and responsibilities relating to my health Decisions about lending, borrowing and spending	Growing and Changing Managing difficult feelings Managing change Getting help	Being my best Growing independence and taking responsibility Media awareness and safety
Y6	Keeping myself safe Emotional needs Staying safe online Drugs: norms and risks (including the law)	Me and my relationships Assertiveness Cooperation Safe/unsafe touches	Valuing Difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour	Rights and responsibilities Understanding media bias, including social media Caring: communities and the environment Earning and saving money	Growing and Changing Keeping safe Body Image Self esteem	Being my best Aspirations and goal setting Managing risk