

Formal Curriculum – PSHE & RSE

Key Stage 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Yearly Cycle	<p>Happy My Feelings Managing Feelings – 1 identifying and expressing feelings</p>	<p>Healthy My rights and responsibilities Healthy living 1- healthy eating</p>	<p>Safe Asking for help Self-care support and safety – 1 taking care of ourselves</p>	<p>Happy My relationships Self-awareness – 1 things we are good at</p>	<p>Healthy My body Changing and growing – 1 baby to adult</p>	<p>Safe My beliefs World I live in – 1 respect differences in people 2 jobs people do</p>

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Key Stage 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1st Year 2023 – 2024	Happy My Feelings Managing Feelings – 2 managing strong feelings	Healthy My rights and responsibilities Healthy lifestyles- 2 taking care of physical health	Safe Asking for help Self-care support and safety – 2 keeping safe 3 trust	Happy My relationships Self-awareness – 2 kind and unkind behaviours	Healthy My body Changing and growing – 3 dealing with touch	Safe My beliefs World I live in – 4 taking care of the environment
2nd Year 2024 – 2025	Happy My Feelings Managing Feelings – 1 identifying and expressing feelings	Healthy My rights and responsibilities Healthy living – 1 healthy eating	Safe Asking for help Self-care support and safety – 1 taking care of ourselves	Happy My relationships Self-awareness – 1 things we are good at	Healthy My body Changing and growing – 1 baby to adult	Safe My beliefs World I live in – 1 respect differences in people 5 belonging to a community
3rd Year 2025 – 2026	Happy My Feelings Self-awareness – 3 playing and working together	Healthy My right and responsibilities Healthy lifestyles – 3 keeping well	Safe Asking for help Self-care support and safety – 4 keeping safe online	Happy My relationships Self-awareness – 4 people who are special to us	Healthy My body Changing and growing – 3 dealing with touch	Safe My beliefs World I live in- 3 rules and laws
4th Year 2026 - 2027	Happy My Feelings Managing feelings – 2 managing strong feelings	Healthy My rights and responsibilities Changing and growing – 4 different types of relationships	Safe Asking for help Self-care support and safety – 5 public and private	Happy My relationships Self-awareness – 5 getting on with others	Healthy My body Changing and growing – 2 changes at puberty	Safe My beliefs World I live in- 2 jobs people do and 6 money

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Key Stage 3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1st Year 2023 – 2024	Happy My Feelings Managing Feelings – 1 self-esteem and unkind comments	Healthy My rights and responsibilities different relationships, same love Bullying and abuse Healthy living – 1 elements of a healthy lifestyle	Safe Asking for help – seeking help and advice Self-care support and safety – 1 feeling unwell	Happy My relationships – healthy relationships Self-awareness – 1 personal strengths	Healthy My body – the body and how it works Changing and growing – 1 puberty	Safe My beliefs – female genital mutilation World I live in – 3 taking care of the environment
2nd Year 2024 – 2025	Happy My Feelings – Diversity in gender and sexuality Managing Feelings – 3 romantic feelings and sexual attraction	Healthy My rights and responsibilities Healthy living – 1 elements of a healthy lifestyle 2 mental well being 4 healthy eating	Safe Asking for help- peer support and sexting Self-care support and safety – 2 feeling frightened and	Happy My relationships- romantic and sexual relationships Self-awareness – 3 prejudice and discrimination	Healthy My body - HPV Changing and growing – 2 friendships	Safe My beliefs -marriage and the law and sexting World I live in – 2 managing online information 4 Keeping safe online
3rd Year 2025 – 2026	Happy My Feelings – media messages and body image Managing Feelings – 2 strong feelings	Healthy My rights and responsibilities- STI prevention World I live in – 1 diversity, rights and responsibilities	Safe Asking for help – accessing help and support Self-care support and safety – 3 accident and risk 5 emergency situations	Happy My relationships – self- esteem and relationships Self-awareness – 2 skills for learning	Healthy My body – contraception Healthy living – 3 physical activity	Safe My beliefs -consent: my body, my choice Changing and growing – 3 healthy/ unhealthy relationships

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Key Stage 4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1st Year 2023 – 2024	<p>Happy My Feelings – body image and the media Healthy living – 2 Mental wellbeing</p>	<p>Healthy My rights and responsibilities – gender identity, gender expression and sexuality Healthy living – 5 body image</p>	<p>Safe Asking for help – when contraception fails World I live in – 4 preparing for adulthood</p>	<p>Happy My relationships – healthy relationships Managing feelings – 4 Expectations of relationships and abuse</p>	<p>Healthy My body – contraception Changing and growing – 4 intimate relationships, consent, contraception</p>	<p>Safe My beliefs – readiness for intimacy Self-care support and safety – 5 private and public</p>
2nd Year 2024 – 2025	<p>Happy My Feelings – impact of sex in the media Self-awareness – 4 managing pressure</p>	<p>Healthy My rights and responsibilities – teenage pregnancy and parenthood Healthy living – 6 medical drugs 7 alcohol and tobacco</p>	<p>Safe Asking for help – consent and coercion My beliefs – barrier contraception Self-care support and safety – 4 keeping safe online</p>	<p>Happy My relationships – managing unhealthy behaviours in a relationship Self-awareness – 1 personal strengths</p>	<p>Healthy My body – testicular and breast examination Changing and growing – 5 long term relationships and parenthood</p>	<p>Safe World I live in – 5 managing finances Self-care support and safety – 7 gambling</p>