



PSHE/RSE Curriculum Map

By the end of Key Stage Two, children will have covered the following content:

- ✓ Families and people who care for me
- ✓ Caring Friendships
- ✓ Respectful, kind relationships
- ✓ Online safety and awareness
- ✓ Being Safe
- ✓ General wellbeing
- ✓ Physical health and fitness
- ✓ Healthy eating
- ✓ Drugs, alcohol, tobacco and vaping
- ✓ Health protection and prevention
- ✓ Personal safety
- ✓ Basic first aid

In our PHSE lessons, the first 5 minutes of every lesson are dedicated to Online Safety [Richardson Dees Primary School - Online Safety](#)

Link to full content coverage [Relationships Education, Relationships and Sex Education and Health Education guidance](#)

Year 1	<u>Autumn Family and Relationships</u>	<u>Autumn Health and Wellbeing</u>	<u>Spring Safety</u>	<u>Spring Citizenship</u>	<u>Summer Economic Wellbeing</u>	<u>Summer The Changing Body</u>
<p>RDPS Knowledge and Skills</p>	<p>To understand that families look after us.</p> <p>To know some words to describe how people are related (e.g. aunty, cousin, etc.)</p> <p>To know that some information about me and my family is personal.</p> <p>To understand some characteristics of a positive friendship.</p> <p>To understand that friendships can have problems but that these can be overcome.</p> <p>To know that it is called stereotyping when people think of things as being 'for boys' or 'for girls' only.</p> <p>Explore how families are different to each other.</p> <p>Explore how friendship problems can be overcome.</p> <p>Explore friendly behaviours.</p> <p>Recognise how other people show their feelings.</p> <p>Identify ways, we can care for others when they are sad.</p> <p>Explore the ability to successfully work with different people.</p>	<p>To understand we can limit the spread of germs by having good hand hygiene.</p> <p>To know the five S's for sun safety: slip, slop, slap, shade, sunglasses.</p> <p>To know that certain foods and other things can cause allergic reactions in some people.</p> <p>To know that sleep helps my body to repair itself, to grow and restores my energy.</p> <p>To know that strengths are things we are good at.</p> <p>To know that qualities describe what we are like.</p> <p>To know the words to describe some positive and negative emotions.</p> <p>Learn how to wash my hands properly.</p> <p>Learn how to deal with an allergic reaction.</p> <p>Explore positive sleep habits.</p> <p>Explore two different methods of relaxation: progressive muscle relaxation and laughter.</p> <p>Explore health-related jobs and people who help look after our health.</p> <p>Identify personal strengths and qualities.</p>	<p>To know what to do if I get lost.</p> <p>To know that a hazard is something which could cause an accident or injury.</p> <p>To know that some things are unsafe to put onto or into my body and to ask an adult if I am not sure.</p> <p>To know that an emergency is a situation where someone is badly hurt, very ill or a serious accident has happened.</p> <p>To know that emergency services are the police, fire service and the ambulance service.</p> <p>Practise what to do if you get lost.</p> <p>Identify hazards that may be found at home.</p> <p>Understand people's roles within the local community that help keep us safe.</p> <p>Learn what is and is not safe to put in or on our bodies.</p> <p>Practise making an emergency phone call</p>	<p>To know the rules in school.</p> <p>To know that different pets have different needs.</p> <p>To understand the needs of younger children and that these change over time.</p> <p>To know that voting is a fair way to decide.</p> <p>To understand that people are all different.</p> <p>Recognise why rules are necessary.</p> <p>Discuss how to meet the needs of different pets.</p> <p>Explore the differences between people.</p> <p>Recognise the groups that we belong to.</p>	<p>Know why people use money and its role in our lives.</p> <p>Know some of the ways children may receive money.</p> <p>Know it is wrong to steal money.</p> <p>Know money is valuable and needs to be taken care of to avoid losing or damaging it.</p> <p>Know money should be stored in a safe place, such as a piggy bank or a wallet, to keep it secure.</p> <p>Know they should not show or give money to strangers and should only trust trusted adults with their money.</p> <p>Know they should be mindful when handling money in public, keeping it hidden and not displaying it openly.</p> <p>Know they can seek adult assistance, particularly from parents or guardians, when they need help in handling or storing money safely.</p> <p>Know banks are places where we can store our money.</p> <p>Discuss what to do if we find money.</p> <p>Explore choices people make about money.</p> <p>Think about questions they would like to ask others about their job.</p>	<p>To know the definitions and situations of appropriate and inappropriate behaviours.</p> <p>To know that some types of physical contact are never appropriate.</p> <p>Be able to name some simple body parts.</p> <p>Know about keeping private parts private.</p> <p>Know what to do if they feel uneasy about a part of their body.</p>

Year 2	<u>Autumn Family and Relationships</u>	<u>Autumn Health and Wellbeing</u>	<u>Spring Safety</u>	<u>Spring Citizenship</u>	<u>Summer Economic Wellbeing</u>	<u>Summer The Changing Body</u>
RDPS Knowledge and Skills	<p>To know that families can be made up of different people.</p> <p>To know that families may be different to my family.</p> <p>To know some problems which might happen in friendships.</p> <p>To understand that some problems in friendships might be more serious and need addressing.</p> <p>To understand some ways people, show their feelings.</p> <p>To understand what good manners are.</p> <p>To know that there are ways we can remember people or events.</p> <p>Understand ways to show respect for different families.</p> <p>Understand that families offer love, care and support.</p> <p>Understand difficulties in friendships and discussing action that can be taken.</p> <p>Learn how other people show their feelings and how to respond to them.</p> <p>Explore the conventions of manners in different situations.</p>	<p>To know that food and drinks with lots of sugar are bad for our teeth.</p> <p>To understand the importance of exercise to stay healthy.</p> <p>To understand the balance of foods we need to keep healthy.</p> <p>To know that breathing techniques can be a useful strategy to relax.</p> <p>To know that we can feel more than one emotion at a time.</p> <p>To know that a growth mindset means being positive about challenges and finding ways to overcome them.</p> <p>Explore the effect that food and drink can have on my teeth.</p> <p>Explore some of the benefits of exercise on body and mind.</p> <p>Explore some of the benefits of a healthy, balanced diet and suggesting how to improve an unbalanced meal.</p> <p>Learn breathing exercises to aid relaxation.</p> <p>Explore strategies to manage different emotions.</p> <p>Identify personal goals and how to work towards them.</p>	<p>To know the rules for crossing the road safely.</p> <p>To know that medicine can help us when we are ill.</p> <p>To understand that we should only take medicines when a trusted adult says we can.</p> <p>Learn how to behave safely near the road and when crossing the road.</p> <p>Explore what people can do to feel better when they are ill.</p> <p>Learn how to be safe around medicines.</p>	<p>To know some of the different places where rules apply.</p> <p>To know that some rules are made to be followed by everyone and are known as 'laws'.</p> <p>To know some of the jobs people do to look after the environment in school and the local community.</p> <p>To understand how democracy works in school through the school council.</p> <p>To understand that everyone has similarities and differences.</p> <p>Explain why rules are in place.</p> <p>Identify positives and negatives about the school environment.</p> <p>Learn how to discuss issues of concern to me.</p> <p>Recognise the importance of looking after the school environment.</p> <p>Recognise the contribution people make to the local community.</p>	<p>Know that some adults earn money by having a job.</p> <p>Know some basic needs for survival.</p> <p>Know what a bank account is and what a bank account card is used for.</p> <p>Know what a skill or talent is and that different jobs require different skills.</p> <p>Know the concept of saving money and understanding its benefits for future goals or things they want to buy.</p> <p>Know the difference between a 'want' and 'need'.</p> <p>Know why diversity and inclusion are important in workplaces.</p> <p>Explain adult money sources.</p> <p>Compare and contrast 'wants' and 'needs'.</p> <p>Explore personal skills and talents.</p> <p>Explore the reasons why people choose certain jobs.</p>	<p>To know the PANTS rule.</p> <p>To understand the difference between secrets and surprises.</p> <p>To know the names of parts of my body, including private parts.</p> <p>Discuss the concept of privacy.</p> <p>Know the life cycle of a human.</p>

Year 3	<u>Autumn Family and Relationships</u>	<u>Autumn Health and Wellbeing</u>	<u>Spring Safety</u>	<u>Spring Citizenship</u>	<u>Summer Economic Wellbeing</u>	<u>Summer The Changing Body</u>
<p>RDPS Knowledge and Skills</p>	<p>To know that I can talk to trusted adults or services such as Childline if I experience family problems.</p> <p>To know that bullying can be physical or verbal and that bullying is repeated, not a one-off event.</p> <p>To know that violence is never the right way to solve a friendship problem.</p> <p>To know that trust is being able to rely on someone and it is an important part of relationships.</p> <p>To know the signs of a good listener.</p> <p>To understand that there are similarities and differences between people.</p> <p>To understand some stereotypes related to age.</p> <p>Learn that problems can occur in families and that there is help available if needed.</p> <p>Explore ways to resolve friendship problems.</p> <p>Develop an understanding of the impact of bullying and what to do if bullying occurs.</p> <p>Learn about the effects of non-verbal communication.</p> <p>Explore the negative impact of stereotyping.</p>	<p>To understand ways to prevent tooth decay.</p> <p>To understand the positive impact relaxation can have on the body.</p> <p>To know the different food groups and how much of each of them we should have to have a balanced diet.</p> <p>To understand the importance of belonging.</p> <p>To understand what being lonely means and that it is not the same as being alone.</p> <p>To understand what a problem or barrier is and that these can be overcome.</p> <p>Learn stretches that can be used for relaxation.</p> <p>Develop the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest.</p> <p>Explore my own identity through the groups I belong to.</p> <p>Identify my strengths and exploring how I use them to help others.</p> <p>Be able to break down a problem into smaller parts to overcome it.</p>	<p>To know the rules for being safe near roads.</p> <p>To understand the role, I can take in an emergency.</p> <p>To know some basic first aid.</p> <p>Identify unsafe things people might do near roads unsafe.</p>	<p>To understand the UN Convention on the Rights of the Child.</p> <p>To understand how recycling can have a positive impact on the environment.</p> <p>To know that the local council is responsible for looking after the local area.</p> <p>To know that elections are held where adults can vote for local councillors.</p> <p>To understand some of the consequences of breaking rules.</p> <p>To understand the role of charities in the community.</p> <p>Explore how children's rights help them and other children</p> <p>Consider the responsibilities that adults and children must maintain children's rights.</p> <p>Discuss ways, we can make a difference to recycling rates at home/school.</p> <p>Identify local community groups and discussing how this supports the community.</p>	<p>Know the pros and cons of different payment methods.</p> <p>Know the reasons for spending money.</p> <p>Know the benefits of budgeting.</p> <p>Know the emotional impact of money.</p> <p>Know the societal and environmental impact of spending choices.</p> <p>Know the range of jobs and opportunities available.</p> <p>Know what job stereotypes are.</p> <p>Know individual talents should guide career choices.</p> <p>Know anyone can aspire to any career.</p> <p>Contemplate budgeting benefits.</p> <p>Plan and calculate within a budget.</p> <p>Discuss attitudes and feelings about money.</p> <p>Develop empathy in financial situations.</p> <p>Handle negative financial emotions.</p> <p>Make ethical spending decisions.</p> <p>Assess the impact of spending choices.</p>	<p>To know the PANTS rule.</p> <p>To understand the difference between secrets and surprises.</p> <p>To know the names of parts of my body, including private parts.</p> <p>Discuss the concept of privacy.</p> <p>Know the life cycle of a human.</p>

Year 4	<u>Autumn</u> <u>Family and</u> <u>Relationships</u>	<u>Autumn</u> <u>Health and Wellbeing</u>	<u>Spring</u> <u>Safety</u>	<u>Spring</u> <u>Citizenship</u>	<u>Summer</u> <u>Economic</u> <u>Wellbeing</u>	<u>Summer</u> <u>The Changing</u> <u>Body</u>
RDPS Knowledge and Skills	<p>To know that families are varied in the UK and across the world.</p> <p>To understand the different roles related to bullying including the victim, bully and bystander.</p> <p>To understand that everyone has the right to decide what happens to their body.</p> <p>To understand the courtesy and manners which are expected in different scenarios.</p> <p>To understand some stereotypes related to disability.</p> <p>To know that bereavement describes the feeling someone might have after someone dies or following another big change in their lives.</p> <p>Using respectful language to discuss different families.</p> <p>Explore physical and emotional boundaries in friendships.</p> <p>Explore how my actions and behaviour can affect other people.</p> <p>Discuss how to help someone who has experienced a bereavement.</p>	<p>To know key facts about dental health.</p> <p>To know that visualisation means creating an image in our heads.</p> <p>To know that different job roles need different skills and so some roles may suit me more than others.</p> <p>To know that it is normal to experience a range of emotions.</p> <p>To know that mental health refers to our emotional wellbeing, rather than physical.</p> <p>To understand that mistakes can help us to learn.</p> <p>To know who can help if we are worried about our own or other people's mental health.</p> <p>Develop independence in looking after my teeth.</p> <p>Identify what makes me feel calm and relaxed.</p> <p>Learn how visualisation as a tool to aid relaxation.</p> <p>Explore how my skills can be used to undertake certain jobs.</p> <p>Explore ways we can make ourselves feel happy or happier.</p> <p>Develop the ability to appreciate the emotions of others in different situations.</p> <p>Learn to take responsibility for my emotions by knowing that I can control some things but not others.</p> <p>Develop a growth mindset.</p>	<p>To understand the risks associated with smoking tobacco.</p> <p>To know that asthma is a condition that causes the airways to narrow.</p> <p>Discuss the benefits of being a non-smoker.</p> <p>Learn how to help someone who is having an asthma attack.</p>	<p>To know that human rights are specific rights that apply to all people.</p> <p>To know some of the people who protect our human rights such as police, judges and politicians.</p> <p>To know that reusing items is of benefit to the environment.</p> <p>To understand that councillors must balance looking after residents and the needs of the council.</p> <p>To know that there are several groups that make up the local community.</p> <p>Discuss how we can help to protect human rights.</p> <p>Identify ways items can be reused.</p> <p>Explain why reusing items is of benefit to the environment.</p> <p>Identify the benefits different groups bring to the local community.</p> <p>Discuss the positives diversity brings to a community.</p>	<p>Know how to determine value for money.</p> <p>Know the factors influencing buying decisions.</p> <p>Know the importance of monitoring and tracking money.</p> <p>Know the role and features of bank accounts.</p> <p>Know the methods for safeguarding money.</p> <p>Know how to challenge workplace stereotypes.</p> <p>Recognise value for money.</p> <p>Understand differing opinions on spending.</p> <p>Recognise how to track money spent and saved.</p> <p>Understand reasons for using a bank.</p> <p>Identify influences on job choices.</p> <p>Understand careers can change.</p> <p>Challenge workplace stereotypes.</p>	<p>To understand the physical changes to both male and female bodies as people grow from children to adults.</p> <p>Discuss some physical and emotional changes during puberty.</p> <p>Understand the changes they have already gone through and aware of some changes to come.</p> <p>To develop an understanding of privacy and the difference between secrets and surprises.</p>

Year 5	Autumn Family and Relationships	Autumn Health and Wellbeing	Spring Safety	Spring Citizenship	Summer Economic Wellbeing	Summer The Changing Body
RDPS Knowledge and Skills	<p>To know that marriage is a legal commitment and a choice people can make.</p> <p>To know that, if I have a problem, I can call ChildLine on 0800 1111.</p> <p>To know what attributes and skills make a good friend.</p> <p>To understand what might lead to someone bullying others.</p> <p>To know what action a bystander can take when they see bullying.</p> <p>To understand that positive attributes are the good qualities that someone has.</p> <p>To know that stereotypes can be unfair, negative and destructive.</p> <p>To know that discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex, or disability.</p> <p>Identify ways families might make children feel unhappy or unsafe.</p> <p>Explore the impact that bullying might have.</p> <p>Explore issues that might be encountered in friendships and how these might impact the friendship.</p>	<p>To understand the risks of sun exposure.</p> <p>To know that relaxation stretches can help us to relax and de-stress.</p> <p>To know that calories are the unit that we use to measure the amount of energy certain foods give us.</p> <p>To know that what we do before bed can affect our sleep quality.</p> <p>To understand what can cause stress.</p> <p>To understand that failure is an important part of success.</p> <p>Develop independence for protecting myself in the sun.</p> <p>Understand the relationship between stress and relaxation.</p> <p>Consider calories and food groups to plan healthy meals.</p> <p>Develop greater responsibility for ensuring good quality sleep.</p> <p>Take responsibility for my own feelings.</p>	<p>Begin to understand how others can influence our decisions with choices such as drugs, tobacco and alcohol.</p> <p>Know how to help someone who is bleeding.</p> <p>To know how to assess a casualty's condition.</p>	<p>To know what happens when someone breaks the law.</p> <p>To understand the waste hierarchy.</p> <p>To know that parliament is made up of the House of Commons, the House of Lords and the Monarch.</p> <p>To know that parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work.</p> <p>To know that a pressure group is a group of people who feel very strongly about an issue and want to see something change.</p> <p>Explain why reducing the use of materials is positive for the environment.</p> <p>Discuss how rights and responsibilities link.</p> <p>Explore the right to a freedom of expression.</p> <p>Identify the contribution people make to the community and how this is recognised.</p> <p>Develop an understanding of how parliament and Government work.</p> <p>Know ways people can bring about change in society.</p>	<p>Know the principles of budgeting and its consequences.</p> <p>Know the concepts of income, expenditure, and informed spending.</p> <p>Know the responsibilities and consequences of borrowing money.</p> <p>Know the risks and strategies for safeguarding money.</p> <p>Know the factors influencing career decisions.</p> <p>Know the impact of education and interests on career paths.</p> <p>Know the effects and challenges of workplace stereotypes.</p> <p>Discuss money risks and management.</p> <p>Make and prioritising budgets.</p> <p>Discuss money's role in career choices.</p> <p>Assess loan and borrowing responsibilities and suitability.</p> <p>Implement money-safeguarding strategies.</p> <p>Navigate emotional implications in financial situations.</p> <p>Seek guidance for financial dilemmas.</p> <p>Integrate factors to inform career decisions.</p>	<p>To know the names of the external sexual parts of the body and the internal reproductive organs.</p> <p>To understand the process of the menstrual cycle.</p> <p>To know that puberty happens at different ages for different people.</p> <p>Learning about the emotional changes during puberty.</p> <p>To know the names of the external sexual parts of the body and the internal reproductive organs.</p>

Year 6	<u>Autumn</u> <u>Family and Relationships</u>	<u>Autumn</u> <u>Health and Wellbeing</u>	<u>Spring</u> <u>Safety</u>	<u>Spring</u> <u>Citizenship</u>	<u>Summer</u> <u>Economic Wellbeing</u>	<u>Summer</u> <u>The Changing Body</u>
<p>RDPS Knowledge and Skills</p>	<p>To know that a conflict is a disagreement or argument and can occur in friendships.</p> <p>To understand the concepts of negotiation and compromise.</p> <p>To understand what respect is.</p> <p>To understand that everyone deserves respect, but respect can be lost.</p> <p>To understand that stereotypes can lead to bullying and discrimination.</p> <p>To understand that loss and change can cause a range of emotions.</p> <p>To know that grief is the process people go through when someone close to them dies.</p> <p>Identify ways to resolve conflict through negotiation and compromise.</p> <p>Discuss how and why respect is an important part of relationships.</p> <p>Identify ways to challenge stereotypes.</p> <p>Explore the process of grief and understanding that it is different for different people.</p>	<p>To understand that vaccinations can give us protection against disease.</p> <p>To know that changes in the body could be possible signs of illness.</p> <p>To understand that several factors contribute to my physical health (diet, exercise, rest/relaxation, dental health).</p> <p>To know that a habit is a behaviour that we often do without thinking and that we can have good and bad habits.</p> <p>To understand that several factors contribute to my mental health (diet, exercise, rest/relaxation).</p> <p>To know the effects technology can have on mental health.</p> <p>Consider ways to prevent illness.</p> <p>Identify some actions to take if I am worried about my health or my friends' health.</p> <p>Identify a range of relaxation strategies and situations in which they would be useful.</p> <p>Explore ways to maintain good habits.</p> <p>Set achievable goals for a healthy lifestyle.</p> <p>Explore personal qualities and how to build on them.</p> <p>Develop strategies for being resilient in challenging situations.</p>	<p>To understand the risks associated with drinking alcohol.</p> <p>Discuss the reasons why adults may or may not drink alcohol.</p> <p>Learn how to help someone who is choking.</p> <p>Know how to place an unresponsive patient into the recovery position.</p>	<p>To know that education is an important human right.</p> <p>To know that our food choices can affect the environment.</p> <p>To know that the prime minister appoints 'ministers' who have responsibility for different areas, such as healthcare and education.</p> <p>To know that prejudice is making assumptions about someone based on certain information.</p> <p>To know that discrimination is treating someone differently because of certain factors.</p> <p>Learn about environmental issues relating to food.</p> <p>Discuss how education and other human rights protect us.</p> <p>Identify causes that are important to us.</p> <p>Discuss how people can influence what happens in parliament.</p> <p>Discuss ways to challenge prejudice and discrimination.</p> <p>Identify appropriate ways to share views and ideas with others.</p>	<p>Identify emotions linked to money.</p> <p>Understand how money affects feelings and behaviour.</p> <p>Learn healthy ways to cope with feelings about money.</p> <p>Identify risks to money safety in both physical and digital environments.</p> <p>Understand methods to safeguard money physically and digitally.</p> <p>Apply understanding to real-world scenarios to take appropriate safeguarding actions.</p> <p>Understand the changes in financial responsibilities when transitioning to secondary school.</p> <p>Learn budgeting and career planning skills.</p> <p>Relate these changes to personal preparation for secondary school.</p> <p>Understand what gambling is and identify its different forms.</p> <p>Recognise the risks and consequences associated with gambling.</p> <p>Develop responsible attitudes towards gambling and apply this understanding to real-world scenarios.</p> <p>Understand different types of workplace environments and their characteristics.</p>	<p>Understand the menstrual cycle and that a male and a female are needed to conceive a baby.</p> <p>To understand how a baby is conceived and develops.</p> <p>Understand the biology of conception.</p> <p>Know the development of a baby during pregnancy.</p> <p>Understand that a baby changes in the womb and some of the baby's requirements during the first months of life.</p>