







PSHE and RSE – Unit Overview

Intent (Aims)

To enable all children to have the knowledge, skills, and attitudes that they need to effectively navigate life in the 21st Century. The curriculum covers key areas which will support children to make informed choices now and, in the future, around their health, safety, wellbeing, relationships, and financial matters and will support them in becoming confident individuals and active members of society.

PSHE and RSE Unit Progression

	Scheme	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1			Physical and Mental Wellbeing	Physical and Mental Wellbeing	Physical and Mental Wellbeing	Physical and Mental Wellbeing	Physical and Mental Wellbeing	Physical and Mental Wellbeing
Autumn 2			Growing and Changing Keeping Safe	Keeping Safe	Growing and Changing Keeping Safe	Keeping Safe Growing and Changing	Keeping Safe	Keeping Safe
Spring 1		Self-regulation: Listening and following instructions	Citizenship	Citizenship	Citizenship	Citizenship	Citizenship	Citizenship
Spring 2 <i>Includes RSE units</i>		Building relationships: Special relationships	Safety and the changing body	Safety and the changing body	Safety and the changing body	Safety and the changing body	Safety and the changing body	Safety and the changing body
Summer 1		Building relationships: My family and friends	Economic wellbeing	Economic wellbeing	Economic wellbeing	Economic wellbeing	Economic wellbeing	Economic wellbeing
Summer 2		Managing self: My wellbeing	Economic wellbeing Transition lesson	Economic wellbeing Transition lesson	Economic wellbeing Transition lesson	Economic wellbeing Transition lesson	Economic wellbeing Transition lesson: Roles and responsibilities	Economic wellbeing Identity Transition lesson: Dealing with change

