



St. James' Church of England Primary Academy

PSHE & RSE OVERVIEW

PSHE Curriculum

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year R	Self-regulation: My feelings Online Safety	Building relationships: Special relationships	Managing self: Taking on challenges Online Safety	Self-regulation: Listening & following instructions	Building relationships: My friends & family	Managing self: My well-being
Year 1	Family & Relationships Online Safety	Health & well-being	Safety Online Safety	Citizenship	Economic well-being	Transitions
Year 2	Family & Relationships Online Safety	Health & well-being	Safety Online Safety	Citizenship	Economic well-being	Transitions RSE
Year 3	Family & Relationships Online Safety	Health & well-being	Safety Online Safety	Citizenship	Economic well-being	Transitions RSE
Year 4	Family & Relationships Online Safety	Health & well-being	Safety Online Safety	Citizenship	Economic well-being	Transitions
Year 5	Family & Relationships Online Safety	Health & well-being	Safety Online Safety	Citizenship	Economic well-being	Transitions RSE
Year 6	Family & Relationships Online Safety	Health & well-being	Safety Online Safety	Citizenship	Economic well-being	Identity RSE Transitions

RSE Curriculum (following the Medway Public Health Directorate Plans)

Year 2	Special people in our lives and how we care for one another Human life cycle - how we change as we grow Everybody's body - name different parts of the body, including genitalia
Year 3	Friendship - why it is important and what makes a good friend Falling out with friends - how to maintain good friendships and about solving disagreements and conflicts with peers
Year 5	Puberty: time to change. The physical changes that happen during puberty Puberty: menstruation and wet dreams. The biological changes that happen during puberty Puberty: personal hygiene. The importance of personal hygiene during puberty Puberty: emotions and feelings. The emotional changes during puberty
Year 6	Puberty: recap and review about the changes that happen during puberty (recap from year 5) Puberty: change and becoming independent Positive and healthy relationships How babies are made