



Birches First School

Believe, Grow, Succeed
to be the best 'me' I can be



PSHE (including RSE) Curriculum Overview (LTP)

All year groups include a standalone lesson outlining PSHE/ RSE as a subject and exploring how to create a successful learning environment for these lessons.

At the end of each year, children have a transition lesson to support their transition to a new year and the changes that come with it.

	Autumn		Spring		Summer
	<u>Me and My School</u> Citizenship	<u>Me and My Relationships</u> Family and Relationships	<u>Me and My Safety</u> Safety and the Changing Body	<u>Happy and Healthy Me</u> Health and Wellbeing	<u>Me in the World</u> Economic Wellbeing
Nursery	Become familiar with the classroom and adults in the classroom. Explore class rules and become familiar with routines and expectations within school.	Explore our own familiar and celebrations we celebrate in our own family. Consider what makes a good friend and how to solve conflict.	Become familiar with safety of handling equipment in the classroom/ forest school/ play equipment/ outside school etc.	Learn about how to look after ourselves including brushing teeth, handwashing, healthy food/ drink choices and exercise. Begin to develop strategies for self-regulation and understand how to care	Consider how things change and that change can be a positive experience. Transition into Reception.
Reception	Becoming familiar with the layout of the school and building relationships with children and adults in their classroom. Learning about class rules, Golden Expectations and reward systems in school when being the best 'me' I can be	Discussing similarities between ourselves and others. Explore culture and develop an awareness of different celebrations and special events families may celebrate.	Understand safety in the classroom/ environment and school and become familiar with people who help to keep us safe (in school/ out of school).	Develop personal hygiene and understand how we can keep ourselves safe when travelling. Consider what makes us have a healthy lifestyle including sleeping, wellbeing and screentime.	Prepare for transition into main school and consider safety in the wider world: including during the summer holidays.
Year 1	Learning about: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy.	Exploring how families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, that people show feelings differently and that stereotyping is unfair.	Learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe.	Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, dealing with allergic reactions and people in the community who keep us healthy.	Learning about what money is and where it comes from, how to keep cash safe, the function of banks and building societies, spending and saving and some of the jobs roles in schools.
Year 2	Learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school councils work and voicing an opinion.	Learning: that families are composed of different people who offer each other care and support; how other people show their feelings and how to respond. Looking at conventions of manners and developing an understanding of self-respect.	Developing understanding of safety: roads and medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.	Learning: about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals, developing a growth mindset and understanding dental hygiene.	Learning about where money comes from, how to look after money and why we use banks and building societies.
Year 3	Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy.	Learning: how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist.	Learning how to: call the emergency services; responding to bites and stings; be a responsible digital citizen; learning about: cyberbullying, identifying unsafe digital content; influences and making independent choices and an awareness of road safety.	Understanding that a healthy lifestyle includes physical activity, a balanced diet, rest and relaxation; exploring identity through groups we belong to and how our strengths can be used to help others; learning how to solve problems by breaking them down.	Introduction to creating a budget and learning about: the different ways of paying, the emotional impact of money, the ethics of spending and thinking about potential jobs and careers.
Year 4	Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.	Learning that families are varied and differences must be respected; understanding: physical and emotional boundaries in friendships; the roles of bully, victim and bystander; how behaviour affects others; appropriate manners and bereavement.	Building awareness of online safety and benefits and risks of sharing information online; the difference between private and public; age restrictions; the physical and emotional changes in puberty; the risks associated with tobacco and how to help someone with asthma.	Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming activities and developing independence in dental hygiene.	Exploring: choices associated with spending, what makes something good value for money, career aspirations and what influences career choices.