

* This is a suggested week-by-week breakdown of PSHE topics, designed to be used with the **PSHE Association programme of study objectives**. It is intended as a **flexible guide**, and teachers are encouraged to **adapt or reorder sessions** in response to the needs of their class or to address relevant issues as they arise.

Teachers are provided with a printed version of this document so they can make notes, track changes, and record adaptations. This ensures the document functions as a **working resource** to support ongoing planning and responsive teaching.

RSE Teaching Approach – Alternating Years and Links to British Values

At our school, **RSE (Relationships and Sex Education)** is delivered on a **two-year alternating cycle** to ensure age-appropriate progression and coverage of all statutory content.

Important clarification: Content relating to **sensitive bodily knowledge** (body part names, conception, puberty) is **covered on an alternating basis as mentioned above**. Prior to beginning this topic on the year given, parents are invited to a consultation where the content is explained and discussed in detail.

Link to British Values and SMSC Development:

This alternating RSE programme actively supports pupils' **Spiritual, Moral, Social, and Cultural (SMSC) development** and reinforces **British values**:

- **Mutual Respect & Tolerance** – through learning about diverse families, relationships, and beliefs.
- **Individual Liberty** – by giving pupils age-appropriate opportunities to make informed choices about their bodies, health, and relationships.
- **Rule of Law** – through understanding boundaries, consent, and personal safety.
- **Democracy** – via discussions about fairness, rights, and responsibilities in relationships and communities.

This approach ensures pupils develop both **knowledge and values progressively**, while sensitive topics are introduced thoughtfully at the right developmental stage. It supports pupils in becoming **respectful, responsible, and confident members of society**.

Key Themes:

- **Living in the Wider World**
- **Health and Wellbeing**
- **Relationships**
- **British values incorporated/covered**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1 Y1-2	<p>Health and Wellbeing</p> <p>W1 – Feelings and Emotions (Individual liberty :recognising emotions, expressing them safely)</p> <p>W2 – Healthy Lifestyles (importance of sleep, exercise, balanced diet, hygiene)</p> <p>W3 – Ourselves and Growing (what makes</p>	<p>Relationships</p> <p>W1 – Family and Home Life (different family structures, mutual respect at home)</p> <p>W2 – Friendships (sharing, taking turns, kindness, resolving minor conflicts, mutual respect)</p> <p>W3 – Working Together (Mutual respect: teamwork, cooperation,</p>	<p>Living in the wider world</p> <p>W1 – Belonging to a Community (democracy: school rules, class responsibilities, helping others)</p> <p>W2 – Rights and Responsibilities (Rule of Law and democracy: simple laws, fairness, taking turns,</p>	<p>Health and Wellbeing</p> <p>W1 – Feelings and Emotions (Individual liberty :recognising emotions, expressing them safely) – Y2: transition to new KS next year</p> <p>W2 – Healthy Lifestyles (importance of sleep, exercise, balanced diet, hygiene)</p> <p>W3 – Ourselves and Growing (what makes us special and unique?, growing and changing from young to old...)</p>	<p>Relationships</p> <p>W1 – Family and Home Life (different family structures, mutual respect at home)</p> <p>W2 – Friendships (sharing, taking turns, kindness, resolving minor conflicts, mutual respect)</p> <p>W3 – Working Together (Mutual respect: teamwork, cooperation, valuing others' ideas)</p> <p>W4 – Respecting Self and Others (mutual respect and tolerance:</p>	<p>Living in the wider world</p> <p>W1 – Belonging to a Community (democracy: school rules, class responsibilities, helping others)</p> <p>W2 – Rights and Responsibilities (Rule of Law and democracy: simple laws, fairness, taking turns, sharing resources)</p> <p>W3 – Money and Work (introduction to money, simple budgeting, jobs in the community)</p>

	<p>us special and unique?,growing and changing from young to old...)</p> <p>W4 – Keeping Safe (Rule of law: Rules for safety: road safety, stranger danger, safe touch, simple online safety/laws to protect children)</p> <p>W5 – Making Choices (Individual liberty : simple decision-making, understanding</p>	<p>valuing others' ideas)</p> <p>W4 – Respecting Self and Others (mutual respect and tolerance: diversity, understanding differences, empathy)</p> <p>W5 – Safe Relationships (recognising unsafe situations, who to ask for help)</p> <p>W6 – Reflection Session</p>	<p>sharing resources)</p> <p>W3 – Money and Work (introduction to money, simple budgeting, jobs in the community)</p> <p>W4 – Environment and Sustainability Respect for the environment and community: (recycling, caring for local space, respecting nature)</p>	<p>W4 – Keeping Safe (Rule of law: Rules for safety: road safety, stranger danger, safe touch, simple online safety/laws to protect children)</p> <p>W5 – Making Choices (Individual liberty : simple decision-making, understanding consequences)</p> <p>W6 – Reflection Session</p>	<p>diversity, understanding differences, empathy)</p> <p>W5 – Safe Relationships (recognising unsafe situations, who to ask for help)</p> <p>W6 – Reflection Session</p>	<p>W4 – Environment and Sustainability Respect for the environment and community: (recycling, caring for local space, respecting nature)</p> <p>W5 – Media Awareness (Individual liberty: making choices about staying safe, basic understanding of online content, asking for help online)</p> <p>W6 – Reflection Session</p>
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	consequences) W6 – Reflection Session		W5 – Media Awareness (Individual liberty: making choices about staying safe, basic understandi ng of online content, asking for help online) W6 – Reflection Session			
LKS2 Y3-4	Health and Wellbeing W1 – Emotions and Mental Health	Relationships	Living in the wider world W1 – Communiti	Health and Wellbeing W1 – Emotions and Mental Health	Relationships W1 – Families and Close Relationships	Living in the wider world

	<p>Individual liberty (managing worries, coping strategies)</p> <p>W2 – Physical Health (exercise, diet, sleep, hygiene routines)</p> <p>W3 – Growing and Changing (Individual liberty): choices about our body, personal hygiene, Y3 = transition to new KS refelctions/tho ughts)</p>	<p>W1 – Families and Close Relationships</p> <p>Mutual respect and tolerance (diverse families, respect, support)</p> <p>W2 – Friendships and Peer Influence</p> <p>Mutual respect (loyalty, trust, recognising pressure)</p> <p>W3 – Safe Relationships</p> <p>Rule of law, individual liberty (boundaries, (school, local community, British values: democracy, respect)</p>	<p>es and Belonging</p> <p>Mutual Respect, Democracy (school, local community, British values: democracy, respect)</p> <p>W2 – Rights, Rules, and Responsibilities</p> <p>Democracy, Rule of Law (laws, fairness, voting/decisi</p>	<p>Individual liberty (managing worries, coping strategies)</p> <p>W2 – Physical Health (exercise, diet, sleep, hygiene routines)</p> <p>W3 – Growing and Changing (Individual liberty): choices about our body, personal hygiene, Y3 = transition to new KS refelctions/thoughts)</p> <p>W4 – Keeping Safe Rule of law: (road, water, fire, online safety, identifying risks)</p> <p>W5 – Healthy Choices Individual Liberty (food, screen time, friendships, peer influence)</p>	<p>Mutual respect and tolerance (diverse families, respect, support)</p> <p>W2 – Friendships and Peer Influence</p> <p>Mutual respect (loyalty, trust, recognising pressure)</p> <p>W3 – Safe Relationships</p> <p>Rule of law, individual liberty (boundaries, asking for help, bullying)</p> <p>W4 – Respecting Differences Mutual respect and tolerance (discrimination, stereotyping, celebrating diversity)</p>	<p>W1 – Communities and Belonging</p> <p>Mutual Respect, Democracy (school, local community, British values: democracy, respect)</p> <p>W2 – Rights, Rules, and Responsibilities</p> <p>Democracy, Rule of Law (laws, fairness, voting/decision-making in class)</p> <p>W3 – Money and Work</p> <p>Individual Liberty (choice and responsibility: earning</p>
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	<p>W4 – Keeping Safe Rule of law: (road, water, fire, online safety, identifying risks)</p> <p>W5 – Healthy Choices Individual Liberty (food, screen time, friendships, peer influence)</p> <p>W6 – Reflection Session</p>	<p>asking for help, bullying)</p> <p>W4 – Respecting Differences Mutual respect and tolerance</p> <p>(discrimination, stereotyping, celebrating diversity)</p> <p>W5 – Collaboration and Conflict Resolution Mutual Respect, Democracy</p> <p>(teamwork, compromise, problem-solving)</p>	<p>on-making in class)</p> <p>W3 – Money and Work Individual Liberty (choice and responsibility: earning, saving, simple budgeting, different careers)</p> <p>W4 – Media and Digital Awareness (Individual liberty: safe decisions online: online content,</p>	<p>W6 – Reflection Session</p>	<p>W5 – Collaboration and Conflict Resolution Mutual Respect, Democracy (teamwork, compromise, problem-solving)</p> <p>W6 – Reflection Session</p>	<p>, saving, simple budgeting, different careers)</p> <p>W4 – Media and Digital Awareness (Individual liberty: safe decisions online: online content, fake news, safe use)</p> <p>W5 – Environmental Responsibility Mutual respect(recycling, energy use, caring for surroundings)</p> <p>W6 – Reflection Session</p>
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		W6 – Reflection Session W5 – Environmental Responsibility Mutual respect (recycling, energy use, caring for surroundings) W6 – Reflection Session				
UKS2 Y5-6	Health and Wellbeing W1 – Mental Health (Individual	Relationships W1 – Family and Positive Close Relationships	Living in the wider world W1 – Shared Responsibility	Health and Wellbeing W1 – Mental Health (Individual liberty:	Relationships W1 – Family and Positive Close Relationships (Mutual respect, diversity,	Living in the wider world W1 – Shared Responsibilities (including rights,

<p>liberty: coping with change, building resilience)</p> <p>W2 – Physical Wellbeing (including importance of sleep, balanced diet, exercise)</p> <p>W3 – Ourselves, Growing and Changing: Individual liberty: body choices (<i>RSE content alternates – see Year A/B note</i>)</p> <p>W4 – Keeping Safe (Rule of</p>	<p>(Mutual respect, diversity, challenging stereotypes)</p> <p>W2 – Mutual Respect: Friendships (loyalty, trust, managing peer influence)</p> <p>W3 – Safe Relationships (Individual Liberty, Rule of Law: consent, personal boundaries, seeking help)</p> <p>W4 – Respecting Self and Others (Mutual Respect, Tolerance:</p>	<p>lities (including rights, duties, law, democracy)</p> <p>W2 – Communities (diversity, belonging, respecting others)</p> <p>W3 – Media Literacy and Digital Resilience (Individual Liberty: online reputation, misinformation, balanced use)</p> <p>W4 – Economic</p>	<p>coping with change, building resilience)</p> <p>W2 – Physical Wellbeing (including importance of sleep, balanced diet, exercise)</p> <p>W3 – Ourselves, Growing and Changing: Individual liberty: body choices (<i>RSE content alternates – see Year A/B note</i>)</p> <p>W4 – Keeping Safe (Rule of law: including increased independence, road safety, online safety)</p> <p>W5 – Drugs, Alcohol and Tobacco</p> <p>Individual Liberty, Rule of Law:</p>	<p>challenging stereotypes)</p> <p>W2 – Mutual Respect: Friendships (loyalty, trust, managing peer influence)</p> <p>W3 – Safe Relationships (Individual Liberty, Rule of Law: consent, personal boundaries, seeking help)</p> <p>W4 – Respecting Self and Others (Mutual Respect, Tolerance: valuing differences, tackling discrimination)</p> <p>W5 – Link session – values across relationships, friendships, safety, and respect</p>	<p>duties, law, democracy)</p> <p>W2 – Communities (diversity, belonging, respecting others)</p> <p>W3 – Media Literacy and Digital Resilience (Individual Liberty: online reputation, misinformation, balanced use)</p> <p>W4 – Economic Wellbeing: Money (Individual Liberty: budgeting, saving, spending choices)</p> <p>W5 – Economic Wellbeing:</p> <p>Individual Liberty: Aspirations, Work and Career (skills, transition to</p>
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	<p>law; including increased independence , road safety, online safety)</p> <p>W5 – Drugs, Alcohol and Tobacco</p> <p>Individual Liberty, Rule of Law:</p> <p>(effects, peer pressure, making informed choices)</p> <p>W6 – Reflection Session</p>	<p>valuing differences, tackling discrimination)</p> <p>W5 – Link session – values across relationships, friendships, safety, and respect</p> <p>W6 – Reflection Session</p>	<p>Wellbeing: Money (Individual Liberty: budgeting, saving, spending choices)</p> <p>W5 – Economic Wellbeing:</p> <p>Individual Liberty: Aspirations, Work and Career (skills, transition to secondary school, setting goals)</p> <p>W6 – Reflection Session</p>	<p>(effects, peer pressure, making informed choices)</p> <p>W6 – Reflection Session</p>	<p>W6 – Reflection Session</p>	<p>secondary school, setting goals)</p> <p>W6 – Reflection Session</p>
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