



## **Egerton Church of England Primary School**

*Together, we inspire, nurture and thrive*

**Egerton Personal, Social, Health and Economic (PSHE) education  
Curriculum and Relationship, Sex education (RSE) and health  
education Year R to Year 6**



# EYFS PSHE Curriculum 2023-2024

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Self-regulation		Building relationships		Managing self	
Year R	<i>My feelings:</i> L1 Identifying my feelings L3 Coping strategies L4 Emotional adjectives L5 Facial expressions	<i>Listening and following instructions:</i> L1: Simon says L3: Pass the whisper L5: Blindfold walk L6: Treasure hunt	<i>Special relationships:</i> L2 Special people L3 Sharing L4 I am unique L6 Similarities and differences CWP L1: Caring Friendships CWP L2: Being Kind CWP L3: Families	<i>My family and friends:</i> L1 Festivals L2 Sharing L3 What makes a good friend L4 Being a good friend	<i>Taking on challenges:</i> L1 Why do we have rules? L2 Building towers L5 Team races	<i>My wellbeing:</i> L1 What is exercise? L4 Being a safe pedestrian L5 Eating healthily  Transition Lesson
Linking CRC	Article 12	Article 12	Article 9	Article 30	Article 31	Article 24

# KS1 PSHE Curriculum 2023-2024

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Introductory lesson Family and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Transition
Year 1	Setting ground rules for RSE and PSHE lessons L1 What is family? L2 What are friendships? L5 Friendship problems L6 Healthy friendships L7 Gender stereotypes	L1 Understanding my emotions L3 Ready for bed L5 Handwashing & personal hygiene L6 Sun safety L7 Allergies	L1 Adults in school L2 Adults outside school L4 Making an emergency phone call L5 Appropriate contact L6 Safety with substances CWP L1: Different Friends CWP L2: Growing and Changing CWP L3: Families & Care	L1 Rules L2: Caring for others: Animals L4 Similar, yet different L6: Democratic decisions	L1 Introduction to money L3: Banks and building societies L4 Saving and spending L5: Jobs in school	L1 Strengths & Weaknesses Transition Lesson
Linking CRC	Article 9	Article 24	Article 28 and 29	Article 12	Article 26	Article 6

Year 2	Setting ground rules for RSE and PSHE L2 Families are all different L4 Unhappy friendships L5 Introduction to manners and courtesy L6 Change and loss L7 Gender stereotypes: Careers and jobs	L1 Experiencing different emotions L5 Developing a growth mindset L6 Healthy diet L7 Looking after our teeth	L2 Communicating online L3 Secrets and surprises L4 Appropriate contact: My private parts L5 Appropriate contact: My private parts are private L8 Staying safe with Medicine CWP L1: Differences CWP L2: Male & Female Animals CWP L3: Naming Body Parts	L1 Rules beyond school L2: Our school environment L5 Similar yet different- my local community L7 Giving my opinion	L1: Where money comes from L3 Wants and needs L4 Looking after money L5: Jobs	L1 Strengths & Weaknesses Transition Lesson
Linking CRC	Article 9	Article 24	Article 16 and 34	Article 14	Article 26	Article 6

# Lower KS2 PSHE Curriculum 2023-2024

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Introductory lesson Family and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Transition
Year 3	Setting ground rules and signposting L1 Healthy families L2 Friendship conflicts L3 Friendship: conflict vs bullying L5 Learning who to trust L6 Respecting differences in others L7 Stereotyping gender	L1 My healthy diary L3 Health and wellbeing L5 Resilience: breaking down barriers L6: Diet and dental health	L1 First Aid: emergencies and calling for help L4 Cyberbullying L7 Influences L8 Keeping safe out and About CWP L1: Body Differences CWP L2: Personal Space CWP L3: Help and Support	L1 Rights of the child L2: Rights and responsibilities L5 Charity L6 Local democracy	L1 Ways of paying others L3: How spending affects others L5 Jobs and careers L6: Gender and careers	L1 Strengths & Weaknesses Transition Lesson
Linking CRC	Article 9, 18 & 30	Article 24 & 27	Article 16, 34 & 36	Article 41 & 42	Article 29 & 26	Article 6
Year 4	Setting ground rules and signposting L1 Respect and manners L2 Healthy friendship L4 Bullying L6 Stereotypes: Disability L8 Change and loss	L1 Looking after our teeth L3 Celebrating mistakes L5 My happiness L6 Emotions L7 Mental health	L1 Internet safety: Age restrictions L2 Share aware L4 Privacy and security L8 Tobacco CWP L1: Changes CWP L2: What is Puberty? CWP L3: Healthy Relationships	L1 What are human rights? L2: Caring for the environment L5 Diverse communities L6: Local councillors	L1: Spending choices L2 Keeping track of money L4 Influences on career Choices L5: Changing job	L1 Strengths & Weaknesses Transition Lesson
Linking CRC	Article 9, 18, 23 & 30	Article 24 & 27	Article 13, 16, 33, 34 & 36	Article 17, 41 & 42	Article 29 & 26	Article 6

# Upper KS2 PSHE Curriculum 2023-2024

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Introductory lesson Family and relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Transition
Year 5	Setting rules and signposting L2 Friendship skills L3 Marriage L4 Respecting myself L5 Family life L6 Bullying L8 Stereotypes: Race and religion	L2 The importance of rest L5 Taking responsibility for my feelings L6 Healthy meals L7 Sun safety	L1 Online friendships L2 Staying safe online L6 First Aid: Bleeding L7 Alcohol, drugs and tobacco: Making decisions CWP L1: Talking about Puberty CWP L2: The Reproductive System CWP L3: Help and Support	L1: Breaking the law L2: Rights and responsibilities L3: Protecting the planet L6 Parliament	L1 Borrowing L2 Income and expenditure L3 Risks with money L5 Stereotypes in the workplace	L1 Strengths & Weaknesses Transition Lesson
Linking CRC	Article 9, 18,19, 23 & 30	Article 24 & 27	Article 13, 16, 33, 34 & 36	Article 17, 37, 38, 41 & 42	Article 29 & 26	Article 6

Year 6	Setting ground rules for RSE and PSHE L1 Respect L2 Respectful relationships L4 Challenging stereotypes L5 Resolving conflict L6 Change and loss	L3 Taking responsibility for my health L4 The impact of technology on health L5 Resilience toolkit L6: Immunisation L8 Physical Health concerns	L1 Alcohol L8 First Aid: Basic life Support CWP L1: Puberty & Reproduction CWP L2: Communication in Relationships CWP L3: Families, Conceptions & Pregnancy CWP L4: Online Relationships	L1 Human rights L4 Prejudice and Discrimination L5: Valuing diversity L6 National democracy	L1 Attitudes to money L2 Keeping money safe L3 Gambling L4 What jobs are available	L1 Strengths & Weaknesses L2 Identity and body image L3 Social media Transition Lesson
Linking CRC	Article 9, 18,19, 23, 25 & 30	Article 24, 27 & 39	Article 13, 16, 33, 34 & 36	Article 4, 5, 17, 37, 38, 41 & 42	Article 29 & 26	Article 6