



The Swallowtail Federation of Church Schools  
 With friendship, trust and kindness we fly!  
 (After your neighbour as yourself, Mark 12:30-32)

## PSHE/RSE Curriculum Framework: Whole School Overview

Blue links to the PSHE association for supporting plans and resources

Items highlighted grey are matched to an RSE Solutions unit

Term	Autumn			Spring			Summer		
Theme	Relationships			Living in the Wider World			Health and Wellbeing		
Topics	Families and Friendships	Safe Relationships	Respecting Ourselves and Others	Belonging to a Community	Media literacy and digital resilience	Money and Work	Physical Health and Mental Well-Being	Growing and Changing	Keeping Safe
<b>KS1 Year A</b>	Communicating about feelings, recognise how others show feelings and know how to respond. (RSE Solutions Y1 My feelings)	Know the difference between secrets and surprises (RSE Solutions Y2 Asking for Help)	Identify and respect the differences and similarities between people. (RSE Solutions Y1 My Beliefs)	What rules are; caring for others' needs; looking after the environment  <a href="#">1 -decision - Being Responsible (£)</a>  <a href="#">Experian - Values, Money and Me (KS1)</a>	Using the internet and digital devices; communicating online  <a href="#">BBFC- 'Watch Out! Helping to make good viewing choices'</a>	Strengths and interests; jobs in the community  <a href="#">BBFC- 'Watch Out! Helping to make good viewing choices'</a>	What helps keep bodies healthy; hygiene routines  Understand how some diseases are spread and protection from them. (RSE Solutions Y1 My Rights and Responsibilities)	Correctly name the main parts of the body, including external genitalia using scientific terms. (RSE Solutions Y1 My Body)  Recognise how they will grow and change as they become older. (RSE Solutions Y2 My Body)	Identify the people who look after them, who to go to if they are worried and how to attract their attention. ((RSE Solutions Y1 Asking for Help)



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<p><b>KS1 Year B</b></p>	<p>Behaviour; bodies and feelings can be hurt.</p> <p>Recognise and celebrate strengths and achievement, set simple but challenging goals. (RSE Solutions Y2 My feelings)</p>	<p>Recognise different types of teasing and bullying, understanding these are wrong and unacceptable. (RSE Solutions Y2 My Relationships)</p>	<p>Identify ways in which people and families are unique, understanding there has never been and will never be another them. (RSE Solutions Y2 My Beliefs)</p>	<p>Belonging to a group; roles and responsibilities; being the same and different in the community</p> <p><a href="#">PSHE - inclusion, belonging &amp; addressing extremism - KS1</a></p>	<p>The internet in everyday life; online content and information. Looking after the local environment</p> <p><a href="#">BBFC- 'Watch Out! Helping to make good viewing choices'</a></p>	<p>What money is; needs and wants; looking after money</p> <p><a href="#">1 decision - Money matters (3)</a></p> <p><a href="#">Experian - Values, Money and Me (KS1)</a></p>	<p>Understand the importance of listening to other people, to play and work co-operatively. (RSE Solutions Y1 My Relationships)</p>		<p>Judge what kind of physical contact is acceptable, comfortable and uncomfortable and how to respond. (RSE Solutions Y2 My Rights and Responsibilities)</p>
<p><b>Lower Key Stage 2 Cycle A</b></p>	<p>Recognise and respond to a wide range of emotions (RSE Solution Y4 My Feelings)</p>	<p>Recognise a wide range of relationships including positive healthy relationships (RSE Solution Y3 My Relationships)</p>	<p>Recognising and responding to bullying.</p> <p>Challenge gender stereotypes (RSE Solution Y3 My Beliefs)</p>	<p>The value of rules and laws; rights, freedoms and responsibilities</p>	<p>How the internet is used; assessing information online</p> <p><a href="#">Google and Parent zone Be Internet Legends</a></p>	<p>Different jobs and skills; job stereotypes; setting personal goals</p> <p><a href="#">FPA - Growing up with Yasmine and Tom) - Gender stereotypes</a></p> <p><a href="#">Loud! Network - Job skills, influences and goals</a></p> <p><a href="#">Environment Agency - Flood</a></p>	<p>What makes a balanced diet; opportunities for making own choices with food; what influences their food choices; habits</p>	<p>Identify strengths and set aspirational goals. (RSE Solutions Y3 My feelings).</p> <p>How the body changes (RSE Y3 My Body)</p>	<p>School rules on health and safety; basic emergency aid; people who help them stay healthy and safe</p> <p>Recognise when they may need help to manage a situation and develop the skills to ask for help (RSE Solution Y4 Asking for Help)</p>



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<p><b>Lower Key Stage 2 Cycle B</b></p>	<p>Identifying the difference between secrets and surprise, knowing when it is right to break confidence. <i>(RSE Solution Y3 Asking for Help)</i></p> <p>Know marriage is a commitment freely entered <i>(RSE Solution Y4 My Rights and Responsibilities)</i></p>	<p>Right to protect body from unwanted touch <i>(RSE Solution Y3 My Rights and Responsibilities)</i></p> <p>Judge what kind of physical behaviours are acceptable/unacceptable <i>(RSE Solution Y4 My Relationships)</i></p> <p>Solving disputes and conflicts amongst peers</p>	<p>Listen and respond effectively to people; share points of view</p> <p>Recognise differences and similarities between people arise from a number of factors. <i>(RSE Solution Y4 My Beliefs)</i></p>	<p>What makes a community; shared responsibilities</p> <p><a href="#">PSHE - inclusion, belonging &amp; addressing extremism - KS2</a></p> <p><a href="#">RSPCA - Compassionate class KS2</a></p> <p><a href="#">Worcester University- Moving and moving home (KS2)</a></p> <p><a href="#">Experian - Values, Money and Me (KS2)</a></p>	<p>How data is shared and used</p>	<p>Different jobs and skills; job stereotypes; setting personal goals</p> <p><a href="#">Experian - Values, Money and Me (KS2)</a></p>	<p>What makes a balanced lifestyle and making choices; drugs common to everyday life; hygiene and germs</p>	<p>Changes at puberty. <i>(RSE Solution Y4 My Body)</i></p> <p>Changes that happen in life and feelings associated with change</p>	<p>How to keep safe in local area and online; people who help them stay healthy and safe</p>
<p><b>Upper Key Stage 2 Cycle A</b></p>	<p>Responding to feelings in others</p> <p>Anticipate how their emotions may change as they move through puberty <i>(RSE Solutions Y5 My Feelings)</i></p>	<p>Actions have consequences of actions; working collaboratively; negotiation and compromise; giving feedback</p>	<p>Listening to others; raise concerns and challenge</p> <p>Realise the nature and consequences of discrimination <i>(RSE Solutions Y6 My Relationships)</i></p>	<p>Protecting the environment; compassion towards others</p> <p><a href="#">Premier League Primary Stars KS2 PSHE. Tackling</a></p>	<p>How information online is targeted; different media types, their role and impact</p> <p><a href="#">Guardian foundation and</a></p>	<p>Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p> <p><a href="#">LOUD! Network - Job skills,</a></p>	<p>What positively and negatively affects health and wellbeing; making informed choices; benefits of a balanced diet; different influences on food; skills to make choices</p>	<p>Recognising what they are good at; setting goals; aspirations.</p> <p>Coping with change and transition; bereavement and grief</p>	<p>Strategies for keeping safe online; knowing personal information including images of themselves and others can be shared without their permission. <i>(RSE Solutions Y5</i></p>



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		Identify healthy relationships and recognise the skills to manage and maintain (RSE Solutions Y5 My Relationships)		<a href="#">pollution with Sky Ocean rescue</a>  <a href="#">Team Margot - Giving help to others (resources on blood, stem cell and bone marrow donation)</a>  <a href="#">1 decision - Being Responsible (£)</a>  <a href="#">Experian - values, Money and Me (KS2)</a>	<a href="#">National Literacy Trust - NewsWise</a>  <a href="#">Google and Parent zone Be Internet Legends</a>  <a href="#">City of London Police - Cyber Detectives</a>	<a href="#">influences and goals</a>		Anticipate how their body may change as they approach and move through puberty  (RSE Solutions Y5 My Body)	<i>My Rights and Responsibilities</i>  Manage accidental exposure to explicit images (RSE Solutions Y5 Asking for Help)
Upper Key Stage 2 Cycle B	Confidentiality and when to break a confidence; managing dares	Different types of relationships; positive and healthy relationships;  maintaining relationships;  recognising when a relationship is unhealthy;  committed loving relationships; marriage.	Listening to others; raise concerns and challenge.  Know the correct terms associated with gender identity and sexual orientation and the unacceptability of homophobic and transphobic bullying (RSE	Valuing diversity; challenging discrimination and stereotypes what they forward to others  <a href="#">Premier League Primary Stars KS2 PSHE Diversity</a>  <a href="#">PSHE - inclusion, belonging &amp; addressing extremism - KS2</a>	Evaluating media sources; sharing things online  <a href="#">Google and Parent zone Be Internet Legends</a>  <a href="#">BBFC - lessons Let's watch a film! Making choices about what to watch</a>	Influences and attitudes to money; money and financial risks  <a href="#">PSHE Association and GambleAware - Exploring risk in relation to gambling</a>	Images in the media do not always reflect reality and can affect how they feel. (RSE Solutions Y6 My Feelings)  Risks and effects of drugs	Recognising what they are good at; setting goals; aspirations.  Explain what sexual intercourse is and how this leads to re-production. (RSE Solutions Y6 My Body) * can opt out  Have awareness that infections can	Independence;  Increased responsibility;  Keeping safe;  Influences on behaviour;  Resisting pressure; Develop confidence and skills to ask for help independently or with support.



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		Acceptable and unacceptable physical touch; personal boundaries and the right to privacy	<i>Solutions Y5 My Beliefs)</i>	<a href="#">Premier League Primary Stars KS2 PSHE Inclusion</a>	<a href="#">City of London Police - Cyber Detectives</a>	<a href="#">Experian - values, Money and Me (KS2)</a>		be shared during sexual intercourse. <i>(RSE Solution Y6 My Rights and Responsibilities) * can opt out</i>	<i>(RSE Solutions Y6 Asking for Help)</i>  Rights to protect their body and speaking out (including against FGM) <i>(RSE Solutions Y6 My Beliefs) * can opt out</i>  Who is responsible for their health and safety;
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