



Year A Cycle					
Threshold Concepts	Learning Lenses	EYFS	KS1 (Years 1 and 2)	LKS2 (Years 3 and 4)	UKS2 (Years 5 and 6)
Family and Relationships	 	Myself and My Relationships <ul style="list-style-type: none"> <li>Beginning and Belonging</li> <li>My Family and Friends (including Anti-Bullying)</li> <li>My Emotions</li> </ul>	<ul style="list-style-type: none"> <li>Introduction to RSE</li> <li>What is family?</li> <li>What are friendships?</li> <li>Family and friends help and support each other</li> <li>Families offer stability and love</li> <li>Families are all different</li> <li>Loss and change</li> </ul>	<ul style="list-style-type: none"> <li>Introduction to RSE</li> <li>Healthy families</li> <li>Families in the wider world</li> <li>Loss and change</li> <li>Learning who to trust</li> <li>Respecting Differences</li> <li>Respect &amp; manners</li> </ul>	<ul style="list-style-type: none"> <li>Introduction to RSE</li> <li>Build a friend</li> <li>Resolving conflict</li> <li>Respecting myself</li> <li>Family life</li> <li>Bullying</li> </ul>
Safety and the Changing Body	 	<ul style="list-style-type: none"> <li>My Body and Growing Up</li> <li>Keeping Safe (including Drug Education)</li> </ul>	<ul style="list-style-type: none"> <li>Getting lost</li> <li>Asking for help</li> <li>Making a call to the emergency services</li> <li>Medication</li> <li>Safety at home</li> <li>People who help to keep us safe</li> <li>Appropriate contact</li> </ul>	<ul style="list-style-type: none"> <li>Basic first aid</li> <li>Communicating safely online</li> <li>Online safety</li> <li>Fake emails</li> <li>Drugs, alcohol &amp; tobacco</li> <li>Keeping safe out and about</li> </ul>	<ul style="list-style-type: none"> <li>Online friendships</li> <li>Identifying Online Dangers</li> <li>First aid</li> <li>Drug education</li> </ul>
Health and Wellbeing	 	<ul style="list-style-type: none"> <li>Healthy Lifestyles</li> </ul>	<ul style="list-style-type: none"> <li>Wonderful me</li> <li>What am I like?</li> <li>Ready for bed</li> <li>Relaxation</li> <li>Hand washing &amp; personal hygiene</li> <li>Sun safety</li> <li>Allergies</li> <li>People who help us stay healthy</li> </ul>	<ul style="list-style-type: none"> <li>My healthy diary</li> <li>Relaxation</li> <li>Who am I?</li> <li>My superpowers</li> <li>Breaking down barriers</li> <li>Dental health</li> </ul>	<ul style="list-style-type: none"> <li>Relaxation</li> <li>The importance of rest</li> <li>Embracing failure</li> <li>Going for goals</li> <li>Taking responsibility for my feelings</li> <li>Healthy meals</li> <li>Sun safety</li> </ul>

**Sytchampton Endowed Primary School**  
**RSE and PSHE Curriculum Overview**



Citizenship	 	<ul style="list-style-type: none"> <li>• Identities and Diversity</li> <li>• Me and My World</li> </ul>	<ul style="list-style-type: none"> <li>• Rules</li> <li>• Caring for others: Animals</li> <li>• The needs of others</li> <li>• Community</li> <li>• Rules beyond school</li> <li>• Our school environment</li> <li>• Our local environment</li> <li>• Democratic Decisions</li> <li>• Local democracy</li> </ul>	<ul style="list-style-type: none"> <li>• Rules</li> <li>• Rights of the child</li> <li>• Rights and responsibilities</li> <li>• Recycling</li> <li>• What are human rights?</li> <li>• Caring for the Environment</li> <li>• Local democracy</li> <li>• Local councillors</li> </ul>	<ul style="list-style-type: none"> <li>• Breaking the law</li> <li>• Rights and responsibilities Human rights</li> <li>• Protecting the Planet</li> <li>• Food choices and the environment</li> <li>• Caring for others</li> <li>• Parliament</li> <li>• National democracy</li> </ul>
Economic Wellbeing	 		<ul style="list-style-type: none"> <li>• Needs and wants</li> <li>• Banks and building societies</li> <li>• Saving and spending</li> </ul>	<ul style="list-style-type: none"> <li>• Jobs and careers</li> <li>• Gender and Careers</li> <li>• Influences on career choices</li> <li>• Jobs for me</li> </ul>	<ul style="list-style-type: none"> <li>• Stereotypes in the Workplace</li> <li>• What jobs are available</li> <li>• Career routes</li> </ul>
Identity					<ul style="list-style-type: none"> <li>• What is identity</li> <li>• Gender identity</li> <li>• Identity and body image</li> </ul>
Transition	Transition	1 Session	1 Session	1 Session	1 Session



Year B Cycle					
Threshold Concepts	Learning Lenses	EYFS	KS1 (Years 1 and 2)	LKS2 (Years 3 and 4)	UKS2 (Years 5 and 6)
Family and Relationships	  	Myself and My Relationships <ul style="list-style-type: none"> <li>• Beginning and Belonging</li> <li>• My Family and Friends (including Anti-Bullying)</li> <li>• My Emotions</li> </ul>	<ul style="list-style-type: none"> <li>• Making friends</li> <li>• Friendship problems</li> <li>• Managing friendships</li> <li>• Healthy Friendships</li> <li>• Unhappy friendships</li> <li>• Valuing me</li> <li>• Manners &amp; courtesy</li> </ul>	<ul style="list-style-type: none"> <li>• My behaviour</li> <li>• Healthy friendships</li> <li>• Friendships - conflict</li> <li>• Effective communication</li> <li>• Stereotyping</li> <li>• Bullying</li> </ul>	<ul style="list-style-type: none"> <li>• Being me</li> <li>• Respect</li> <li>• Developing respectful relationships</li> <li>• Stereotypes</li> <li>• Bullying</li> <li>• Loss and change</li> </ul>
Safety and the Changing Body	 	<ul style="list-style-type: none"> <li>• My Body and Growing Up</li> <li>• Keeping Safe (including Drug Education)</li> </ul>	<ul style="list-style-type: none"> <li>• Secrets and surprises</li> <li>• The Internet</li> <li>• Communicating online</li> <li>• Appropriate contact</li> <li>• Road safety</li> <li>• Drug education</li> </ul>	<ul style="list-style-type: none"> <li>• Privacy and secrecy</li> <li>• Online restrictions</li> <li>• Share aware</li> <li>• Consuming information online</li> <li>• Basic first aid</li> </ul>	<ul style="list-style-type: none"> <li>• Drugs alcohol &amp; tobacco</li> <li>• First aid</li> <li>• Critical digital consumers</li> <li>• Social media</li> <li>• The changing adolescent body (puberty, including menstruation)</li> <li>• The changing adolescent Body (conception, birth)</li> </ul>

**Sytchampton Endowed Primary School**  
**RSE and PSHE Curriculum Overview**



Health and Wellbeing	 	<ul style="list-style-type: none"> <li>• Healthy Lifestyles</li> </ul>	<ul style="list-style-type: none"> <li>• Experiencing different emotions</li> <li>• Being active</li> <li>• Relaxation</li> <li>• Steps to success</li> <li>• Growth mindset</li> <li>• Healthy diet</li> <li>• Dental health</li> </ul>	<ul style="list-style-type: none"> <li>• My role</li> <li>• My happiness</li> <li>• Emotions</li> <li>• Mental health</li> <li>• Visualisation</li> <li>• Celebrating mistakes</li> <li>• Diet and dental health</li> </ul>	<ul style="list-style-type: none"> <li>• Taking responsibility for my health</li> <li>• Resilience toolkit</li> <li>• Mindfulness</li> <li>• Immunisation</li> <li>• Physical health concerns</li> <li>• Habits – positive and negative</li> </ul>
Citizenship		<ul style="list-style-type: none"> <li>• Identities and Diversity</li> <li>• Me and My World</li> </ul>	<ul style="list-style-type: none"> <li>• Similar, yet different</li> <li>• Similar yet different: My local community</li> <li>• Belonging</li> <li>• Job roles in our local community</li> </ul>	<ul style="list-style-type: none"> <li>• Diverse communities</li> <li>• Local community groups</li> <li>• Charity</li> <li>• Contributing</li> </ul>	<ul style="list-style-type: none"> <li>• Prejudice and discrimination</li> <li>• Valuing diversity</li> <li>• Contributing to the community</li> <li>• Pressure groups</li> </ul>
Economic Wellbeing	 		<ul style="list-style-type: none"> <li>• Introduction to money</li> <li>• Where money comes from</li> <li>• Looking after Money</li> <li>• Jobs in school</li> <li>• Jobs</li> </ul>	<ul style="list-style-type: none"> <li>• Looking after Money</li> <li>• Keeping track of money</li> <li>• Budgeting</li> <li>• Ways of paying</li> <li>• Impact of spending</li> <li>• How spending affects others</li> <li>• Spending choices and value for money</li> </ul>	<ul style="list-style-type: none"> <li>• Income and expenditure</li> <li>• Prioritising Spending</li> <li>• Attitudes to money</li> <li>• Keeping money safe</li> <li>• Risks with money</li> <li>• Borrowing</li> <li>• Gambling</li> </ul>
Identity	Identify				
Transition	Transition	1 Session	1 Session	1 Session	1 Session