

Sytchampton PSHE and RSE Curriculum Pathway

Secondary School

Economic Wellbeing
Income and expenditure
Prioritising spending
Attitudes to money
Keeping money safe
Risks with money
Borrowing
Gambling

Health and Wellbeing
Taking responsibility for my health
Resilience toolkit
Immunisation
Physical Health Concerns
Mindfulness
Habits – Positive and Negative

Citizenship
Prejudice and Discrimination
Valuing diversity
Contributing to the community
Pressure Groups

Family and Relationships
Respectful relationships
Stereotypes
Bullying
Loss and Change

Safety and the Changing Body
Drugs alcohol and tobacco
First Aid
Critical Digital Consumers
Social Media

The changing adolescent body (puberty, menstruation, conception, birth)

UKS2 B

Citizenship
Breaking the law
Human Rights
Protecting the Planet
Food Choices and the Environment
Parliament
National Democracy

Safety and the Changing Body
Online friendships
Identifying Online Dangers
First Aid
Drugs Education

Economic Wellbeing
Stereotypes in the workplace
What jobs are available
Career Routes

UKS2 A

Family and Relationships
Resolving Conflict
Respecting myself
Family Life
Bullying

Health and Wellbeing
Rest and relaxation
Embracing failure
Going for Goals
Healthy Meals
Sun Safety

Identity
What is identify
Gender identity
Identity and Body Image

Economic Wellbeing
Spending choices
Keeping track of money
Looking after money
Influences on career choices
Changing job

Safety and the Changing Body
Privacy and Secrecy
Online restrictions
Share aware
Consuming information online
Basic First Aid

Health and Wellbeing
Emotions
My happiness
Mental health
Visualisation
Celebrating mistakes
Diet and Dental Health

Citizenship
Diverse communities
Local community groups
Charity
Contributing

Family and Relationships
My behaviour
Healthy friendships
Friendships and conflict
Effective communication
Stereotyping
Bullying

Health and Wellbeing
My healthy diary
Relaxation
My superpowers
Breaking down barriers
Dental Health

Safety and the Changing Body
Communicating safely online
Fake emails
Keeping safe out and about
Basic First Aid
Drugs, alcohol and tobacco

Economic Wellbeing
Jobs and careers
Gender and careers
Influences on career choices

LKS2 B

Citizenship
Rights of the child
Human Rights
Caring for the Environment
Recycling
Local democracy and councillors

Family and Relationships
Healthy families
Families in the wider world
Loss and change
Learning who to trust
Respecting Differences
Respect and Manners

Economic Wellbeing
Where money comes from
Looking after money
Jobs in School
Jobs

Safety and the Changing Body
Secrets and Surprises
The internet
Communicating online
Appropriate Contact
Road Safety
Drug Education

Health and Wellbeing
Different emotions
Being active
Steps to success
Growth Mindset
Healthy Diet
Dental Health

Citizenship
Similar yet different
Belonging
Job roles in our local community

LKS2 A

Health and Wellbeing
Wonderful me
Relaxation
Hand washing, hygiene, bedtimes
Sun safety
Allergies
People who help us to stay healthy

Safety and the Changing Body
Getting lost
Asking for help
Calling the emergency services
Medication
Safety At Home
Appropriate contact

Economic Wellbeing
Needs and wants
Banks and Building Societies
Saving and Spending

Family and Relationships
Friends and friendship problems
Healthy and Unhappy Friendships
Manners and Courtesy

KS1 B

Citizenship
Rules in and beyond school
Caring for animals and others
Community
Our school and local environment
Democratic Decisions and Local Democracy

Family and Relationships
What is family
Families offer stability and love
Families are all different
Loss and Change

Transition

• My Body and Growing Up
• Keeping Safe (including Drug Education)

KS1 A

• Identities and Diversity
• Me and My World

Healthy Lifestyles

Myself and My Relationships
• Beginning and Belonging
• My Family and Friends (including Anti-Bullying)
• My Emotions

EYFS