



PSHE/RSE – KS2 and KS3 Curriculum Delivery

The PSHE curriculum is structured around six interconnected themes that are revisited throughout pupils' primary education. These threads support the development of children's personal, social, emotional and health education, enabling them to build knowledge, skills and understanding progressively over time.

- **Being Me in My World:** Developing self-identity, self-worth, belonging, responsibility and understanding rights and responsibilities.
- **Celebrating Difference:** Exploring diversity, equality, inclusion, respect, tolerance and anti-bullying.
- **Dreams and Goals:** Building aspiration, resilience, motivation, achievement and problem-solving skills.
- **Healthy Me:** Promoting physical health, mental wellbeing, healthy lifestyles, safety and informed decision-making.
- **Relationships:** Developing positive relationships, communication, empathy, respect and understanding of families and communities.
- **Changing Me:** Understanding growth, change, transition, puberty and relationships education in an age-appropriate manner.

These themes are taught through a spiral curriculum, allowing pupils to revisit and deepen their understanding as they move through the school. The progression of knowledge and skills within each theme is mapped across year groups and is clearly identified within the school's **PSHE Knowledge and Skills Progression Document**, ensuring coherent curriculum coverage and progression.

Key Stage 2			
Thread	POD (Year 3)	Class 1 (Year 4)	Class 2 (Year 5)
Identity, citizenship and belonging	Unit 1, 'Being Me in My World' Belonging, class community, rights, responsibilities, democracy, choices and behaviour.	Unit 1, 'Being Me in My World' Citizenship, participation, rights and responsibilities, democracy and the effect of behaviour on groups.	Unit 1, 'Being Me in My World' Global citizenship, universal rights, group dynamics, choices, consequences, role-modelling and active participation.
Equality, diversity and respect	Unit 2, 'Celebrating Difference' Assumptions, acceptance, bullying, problem-solving, uniqueness and first impressions.	Unit 2, 'Celebrating Difference' Cultural difference, racism, bullying, respect for other cultures and challenging prejudice.	Unit 2, 'Celebrating Difference' Perceptions of normality, disability, inclusion, exclusion, empathy and celebrating difference.
Dreams, goals and economic wellbeing	Unit 3, 'Dreams and Goals' Hopes, realistic goals, resilience, teamwork, contribution and positive attitudes.	Unit 3, 'Dreams and Goals' Future aspirations, money, careers, motivation, charity and goals in different cultures.	Unit 3, 'Dreams and Goals' Personal learning goals, success criteria, motivation, achievement and making a positive difference.
Physical health and mental wellbeing	Unit 4, 'Healthy Me' Healthy friendships, group influence, assertiveness, pressure, healthy choices and inner strength.	Unit 4, 'Healthy Me' Healthy choices, emergency aid, body image, food, motivation and managing external influences.	Unit 4, 'Healthy Me' Personal responsibility, emotional and mental health, managing stress, risk and seeking support.
Relationships, safety and consent	Unit 5, 'Relationships' Feelings, loss, appreciation, friendship, conflict resolution and positive relationships.	Unit 5, 'Relationships' Self-worth, online communities, digital responsibility, screen time, online risks and safety rules.	Unit 5, 'Relationships' Mental health, managing feelings, assertiveness, healthy relationships and responsible technology use.
Growing, changing and transition	Unit 6, 'Changing Me' Being unique, growing up, confidence in change, preparation for transition and environmental change.	Unit 6, 'Changing Me' Self-image, physical and emotional change, growing responsibility, coping with change and transition.	Unit 6, 'Changing Me' Self-image, body image, respectful relationships, informed choices, change and transition.

Key Stage 3			
Thread	Class 3 (Year 6)	Class 4 (Year 7)	Class 5 (Year 8)
Identity, citizenship and responsibility	Unit 1, 'Being Me in My World' Identity, belonging, peer influence, online safety, pressure, consequences and legal responsibilities.	Unit 1, 'Being Me in My World' Self-identity, family and cultural influences, beliefs, stereotypes, expectations, respect and active listening.	Unit 1, 'Being Me in My World' Self-identity, group influence, peer approval, online influence, coercion, exploitation and managing risk.
Equality, diversity and inclusion	Unit 2, 'Celebrating Difference' Bullying, prejudice, discrimination, equality, bystanders, stereotypes and assertiveness.	Unit 2, 'Celebrating Difference' Social justice, inequality, community cohesion, multiculturalism, diversity, prejudice and challenging bullying.	Unit 2, 'Celebrating Difference' Protected characteristics, equality law, discrimination, harassment, victimisation and inclusive language.
Future planning and economic wellbeing	Unit 3, 'Dreams and Goals' Success, employment, planning, learning from mistakes, risk awareness and first aid.	Unit 3, 'Dreams and Goals' Long-term goals, skills, qualifications, careers, budgeting, financial choices and online risks.	Unit 3, 'Dreams and Goals' Personal strengths, health goals, SMART planning, careers, mental wellbeing, media influence and resilience.
Physical health and mental wellbeing	Unit 4, 'Healthy Me' Stress, anxiety, mental health, physical activity, substances, nutrition, sleep and reliable health information.	Unit 4, 'Healthy Me' Long-term health, dental health, stress management, medicines, substances, exploitation and accessing support.	Unit 4, 'Healthy Me' Health choices, substance awareness, addiction, emergency response, first aid and sources of advice.
Relationships, boundaries and safety	Unit 5, 'Relationships' Healthy relationships, consent, change, emotions, rights, responsibilities, assertiveness and online safety.	Unit 5, 'Relationships' Self-respect, social media, personal space, online privacy, power, coercion and sources of support.	Unit 5, 'Relationships' Healthy relationships, power and control, consent, assertiveness, informed choices and support services.
Growing, changing and RSE	Unit 6, 'Changing Me' Physical and emotional change, self-image, relationships, responsibilities, wellbeing and sources of support.	Unit 6, 'Changing Me' Close relationships, attraction, legal and personal responsibilities, healthy choices and managing risk.	Unit 6, 'Changing Me' Emotional change, mental health stigma, resilience, sleep, relaxation, reflection and future wellbeing.

