

PSHE & RSE Curriculum Overview

Intent

At Park Schools Federation, our PSHE and RSE curriculum equips children with the knowledge, skills, and understanding they need to lead healthy, safe, and fulfilling lives. We want pupils to:

- Develop self-awareness, resilience, and emotional literacy.
- Build positive relationships and understand the importance of respect, empathy, and inclusion.
- Learn how to keep themselves physically and emotionally healthy.
- Understand how to stay safe in the real world and online.
- Explore issues of citizenship, community, and responsibility.

Implementation

- We use the **Jigsaw PSHE scheme** to support teaching, ensuring progression and full coverage of the statutory RSE curriculum and wider PSHE framework.
- The curriculum is structured into **half-termly themes** (e.g. *Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships, Changing Me*).
- Lessons are enquiry-based and encourage discussion, reflection, and personal application.
- Pupils revisit **key themes** such as *friendship, safety, belonging, respect, health, and responsibility* throughout their school journey.
- PSHE links closely with **assemblies, RE, safeguarding, and British Values**.
- **Circle time and reflection activities** provide opportunities to share and reflect on experiences, embedding values and skills.

Impact

By the end of KS2, pupils will be able to:

- Express themselves with confidence and listen respectfully to others.
- Demonstrate understanding of healthy lifestyles, safety, and relationships.
- Show resilience, empathy, and respect in their interactions with others.
- Understand their responsibilities as citizens and members of their community.
- Manage change, including transitions and puberty, with growing confidence.

Pupils leave Park Schools Federation with the knowledge, skills, and values to make positive choices and contribute respectfully and responsibly to society.

Topic Overview

Yr GP	Autumn 1 (Being Me in My World)	Autumn 2 (Celebrating Difference)	Spring 1 (Dreams & Goals)	Spring 2 (Healthy Me)	Summer 1 (Relationships)	Summer 2 (Changing Me)
FS2	Self-identity, belonging, rules and rights	Similarities & differences, bullying, inclusion	Setting goals, challenges, perseverance	Keeping healthy: exercise, sleep, hygiene, food	Families, friendships, appropriate touch, conflict	Life cycles, growing up, naming body parts, changes
1	Who am I, belonging, class rules, feelings	Uniqueness, kindness, difference, bullying	Simple goals, teamwork, overcoming obstacles	Healthy choices, hygiene, medicine safety, feelings	Special people, making friends, trust, respect	Life cycles, growing older, changes, respecting boundaries
2	Self-worth, class community, responsibilities	Understanding differences, stereotypes, bullying	Setting realistic goals, perseverance, facing setbacks	Healthy lifestyle, keeping safe, medicines awareness	Respecting others, maintaining friendships, conflict resolution	Changes in me, body changes, assertiveness, looking ahead
3	Actions and consequences, community, belonging	Inclusion, words and impact, valuing difference	Dreams, aspirations, steps to goals, persistence	Healthy eating, fitness, habits, mental wellbeing	Friendships, resolving conflict, secrets, safety	Puberty changes, growing up, body confidence, managing change
4	Identity, rights, responsibilities, choices	Inclusion, difference, discrimination, empathy	Challenging goals, teamwork, motivation	Risks, choices, substance, physical & mental health	Peer influence, communication, online relationships	Puberty, body changes, reproduction (age-appropriate), self esteem
5	Identity, democracy, rights, responsibilities	Diversity, prejudice, stereotypes, respect	Ambitions, enterprise, overcoming obstacles	Body image, substance, emotions, healthy lifestyle	Love & loss, communication, respect, boundaries	Puberty, conception, pregnancy, personal responsibility
6	Self-concept, responsibility, rights, transition	Respect, empathy, managing change, celebrating difference	Goals for secondary, resilience, future planning	Drugs, mental health, stress, healthy body & mind	Complex relationships, respect & consent, online safety	Puberty, reproduction, transition to secondary, self esteem