



Balcombe CofE Primary School PSHE/RSE Curriculum Overview



We use resources from Jigsaw to support the teaching of PSHE

| | Being Me in My World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing Me |
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| <i>Covered in</i> | Autumn 1 Cycle A Cycle B Cycle A/B | Autumn 2 Cycle A Cycle B Cycle A/B | Spring 1 Cycle A Cycle B Cycle A/B | Spring 2 Cycle A Cycle B Cycle A/B | Summer 1 Cycle A Cycle B Cycle A/B | Summer 2 Cycle A Cycle B Cycle A/B - split into year group |
| EYFS | Who...me? How am I feeling today? Being at school Gentle hands Our rights (school charter) Our responsibilities | What am I good at? I'm special, I'm me! Families Homes Making friends Standing up for yourself | Challenge Never giving up Setting a goal Obstacles and support Flight to the future Footprint awards | Everybody's body We like to move it, move it Food glorious food Sweet dreams Keeping clean Safe adults | My family and me Friends 1 Friends 2 Falling out and bullying 1 Falling out and bullying 2 Being the best friends we can be | My body Respecting my body Growing up Fun and fears 1 Fun and fears 2 Celebration |
| KS1 Years 1 and 2 | Special and safe My class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter Hopes and fears for the year Rights and responsibilities Rewards and consequences Rewards and consequences Our learning charter Owning our learning charter | The same as... Different from... What is bullying? What do I do about bullying? Making new friends Celebrating difference; celebrating me Assumptions Stereotypes Why does bullying happen? Standing up for myself and others We're all different Celebrating difference and still being friends | My treasure chest of success Steps to goals Achieving together Stretchy learning Overcoming obstacles Celebrating my success Goals to success Being healthy Learning with others A group challenge Being relaxed Celebrating our achievement | Being healthy Healthy choices Clean and healthy Medicine safety Road safety Happy, healthy me Healthy eating Healthy eating Keeping safe at home Safe outside Medicine safety Healthy, happy me | Families Making friends Greetings People who help us Being my own best friend Celebrating my special relationships Families Keeping safe (exploring physical contact) Friends and conflict Secrets Trust and appreciation Celebrating my special relationships | Life-cycles Changing me My changing body Boys' and girls' bodies (correct terminology) Learning and growing Coping with changes Life-cycles in nature Growing from young to old The changing me Boys' and girls' bodies (correct terminology) Assertiveness Looking ahead |
| Lower KS2 Years 3 and 4 | Getting to know each other Our nightmare school Our dream school Rewards and consequences Our learning charter | Families Family conflict Witness and feelings Witness and solutions Words that harm Celebrating difference: compliments | Dreams and goals My dreams and ambitions Feeling safe helps me grow Choices that help us grow Our new challenge - overcoming obstacles Celebrating my learning | Fit and healthy Food and energy What do I know about drugs? Being safe and getting help Safe or unsafe My amazing body | Family roles and responsibilities Friendship Thinking critically (online safety) Global connections and thinking critically Being a global citizen | How babies grow Outside body changes Inside body changes Keeping ourselves clean Family stereotypes Looking ahead |

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| | <p>Owning our learning charter</p> <p>Becoming a class team Being a school citizen Rights, responsibilities and democracy Rewards and consequences Our learning charter Owning our learning charter</p> | <p>Judging by appearances Understanding influences Understanding bullying Problem-solving Special me Celebrating difference: how we look</p> | <p>Hopes and dreams Broken dreams Overcoming disappointment Creating new dreams Achieving goals We did it!</p> | <p>My friends and me Staying safe with friends Smoking and vaping Alcohol Healthy friendships Celebrating my inner strength and assertiveness</p> | <p>Celebrating my web of relationships</p> <p>Jealousy Love and loss Memories Getting on and falling out Girlfriends and boyfriends Celebrating my relationships with people and animals</p> | <p>Unique me Puberty and menstruation Being part of a family Circles of change Accepting change Looking ahead</p> |
| Upper KS2 Years 5 and 6 | <p>My year ahead Being a citizen of my country Responsibilities Rewards and consequences Our learning charter Owning our learning charter</p> <p>My year ahead Being a global citizen 1 Being a global citizen 2 The learning charter Our learning charter Owning our learning charter</p> | <p>Different cultures Racism Rumours and name calling Types of bullying Does money matter? Celebrating difference across the world</p> <p>Am I normal? Understanding difference Power struggles Why bully? Celebrating difference Celebrating difference</p> | <p>When I grow up (my dream lifestyle) Keeping track of money My dream job and how to get there Dreams and goals of other people in other cultures How can we support each other? Rallying support</p> <p>Personal learning goals Steps to success My dreams for the world Helping to make a difference Helping to make a difference Recognising our achievements</p> | <p>Smoking and vaping Alcohol Emergency aid Body image My relationship with food Healthy me</p> <p>Taking responsibility for my health and well-being Drugs Exploitation Gangs Emotional and mental health Managing stress and pressure</p> | <p>Recognising me Safety with online communities Being in an online community Online gaming My relationship with technology: screen time My relationship: staying safe and happy online</p> <p>What is mental health? My mental health Love and loss Power and control Being online. Real or fake? Safe or unsafe? Using technology responsibly</p> | <p>Self-image and body image Puberty for girls (use animation A) Puberty for boys (Use animation E) Conception Looking ahead 1 Looking ahead 2</p> <p>My self-image Puberty Babies: conception to birth Boyfriends and girlfriends Real self and ideal self The year ahead</p> <p>Sex Education lessons, just for Y6. Parent right to withdraw.</p> |