

PSHE and SRE Curriculum Overview

Lower School Approx. age 7-13



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Ourselves and Our Bodies	Celebrations	Into the Woods Mini Beasts	Let's Grow	Transport – Trains	Ocean Explorers
PSHE SRE*	Healthy Me healthy choices for my body and mind***	Being me in my world Celebrating difference	Changing me Self - regulation (mental health) How I learn	Sex Education Hygiene, puberty and finding answers	Dreams and Goals Community and contribution	Relationships and Friendships Respectful and online relationships
I can	Healthy me	Celebrating difference	Mental health and wellbeing	hygiene	Dreams and Goals	Respectful relationships
Year 2	Super Heroes	Arctic Adventure	Life Cycles	The Planets	Transport – Buses	Zoos, Animals and Pets
PSHE SRE*	Healthy Me including mental health and emotion Privacy, Staying Safe and who can help	Being me in my world dealing with change	Changing me Self – regulation Puberty and growing older	Sex Education celebrating difference (sex and gender sexual preferences age appropriate)	Dreams and Goals My gifts and valuing what I Can offer	Relationships and Friendships Safety and trustworthiness – staying safe
I can	Staying safe	Changing me	Puberty	Sexuality	Being me in my world	Online relationships
Year 3	Houses, Homes and Us	Old Toys New Toys	Wonderful Weather	Our Environment	Transport - Cars	Sun, Sea and Sand
PSHE SRE*	Healthy Me including mental health and emotion Emotions and behaviour	Being me in my world my talents and special interests	Changing me Self - regulation Behaviour, self-regulation and staying safe	Sex Education Respecting others and staying safe	Dreams and Goals How I am different and the same as others (Autism)	Relationships and Friendships Families and caring friendships
I can	Emotion and self-regulation	Being me in my world	My manners	Sex education	Health services	Relationships and friendships

*PSHE SRE taught as one topic

** Termly focus taken from EMT agreed PSHE SRE coverage for the lower school

*** Sub topics based on government national curriculum PSHE SRE coverage arranged to meet the needs of our young people

PSHE and SRE Curriculum Overview

Upper School Approx. age 14-19



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Preparing for adulthood theme for each term	Friends, relationships and community <i>(Relationship focus)</i>	Friends, relationships and community <i>(community focus)</i>	Independent Living <i>(self-care)</i>	Independent Living <i>(sex education)</i>	Good Health	Employment
Year 1	Families	Social Media	Keeping clean	Sexual feelings during puberty	keep fit and healthy	Basic first aid
I can	Families and those who care for us	Online relationships	Hygiene	SRE	PE and exercise	Basic first aid
Year 2	Types of relationships	Parenting	Mental Health	Sexuality	how my body works (organ function)	How to keep myself safe
I can	Relationships and friendships	SRE	Mental Health and wellbeing	Sexuality	Healthy Me	Staying safe
Year 3	Close relationships	Substances and safety	Keeping clean	Puberty –physical changes)	digestive system	Relationships in the workplace
I can	Close relationships and dating	Staying safe	Hygiene	Puberty	Nutrition and diet	Respectful relationships
Year 4	Sexual relationships	My interests and the community	Who can help me	My rights (and the law)	Feeling unwell	Communicating with others
I can	Sex education	Dreams and goals	SRE	SRE	Feeling unwell	My manners
Year 5	Building trusting relationships	Autism	Mental Health	Safe Sex	Understanding health services	How I present myself
I can	Emotion and self-regulation	Celebrating difference	Mental Health and wellbeing	SRE	Health Services	Hygiene

<https://www.preparingforadulthood.org.uk/downloads/friends-relationships-and-community/sexuality-and-relationships.htm>