

### PSHE & RSE CONTENT MAP – YEAR A

#### PSHE Association Medium Term Planning

**The PSHE and RSE Curriculum at Rufforth Primary School:**

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the Science curriculum, and other aspects are included in other subject, such as RE and Computing. Objectives below in [purple](#) link to the DfE Guidance on RSE.

Our whole school behaviour policy encourages the emotional, social and cultural development of our pupils. Weekly assemblies on Modern British Values are mapped along the key strands of tolerance of different faiths, rule of law, democracy, individual liberty and mutual respect.

Our school core values (inspire, care, grow) reflect themes covered within the PSHE curriculum and run throughout all we do at Rufforth.

The [RSE Audit for Rufforth Primary School](#) also outlines content coverage specifically for the topics in the DfE guidance.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2			
<b>Links to EYFS</b>	<b>Personal, Social and Emotional Development</b> <b>ELG: Self-Regulation</b> Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. <b>ELG: Managing Self</b> Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; Explain the reasons for rules, know right from wrong and try to behave accordingly; Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. <b>ELG: Building Relationships</b> Work and play cooperatively and take turns with others; Form positive attachments to adults and friendships with peers; Show sensitivity to their own and to others' needs.								
<b>Y1 &amp; Y2 PSHE</b>	Topic:		Topic:		Topic:				
<b>YEAR 1 CONTENT</b>	<b>Relationships</b> Families and friendships <i>Roles of different people; families; feeling cared for</i>	<b>Relationships</b> Safe relationships <i>Recognising privacy; staying safe; seeking permission</i>	<b>Relationships</b> Respecting ourselves and others <i>How behaviour affects others; being polite and respectful</i>	<b>Living in the Wider World</b> Belonging to a community <i>What rules are; caring for others' needs; looking after the environment</i>	<b>Living in the Wider World</b> Media literacy and digital resilience <i>Using the internet and digital devices; communicating online</i>	<b>Living in the Wider World</b> Money and work <i>Strengths and interests; jobs in the community</i>	<b>Health &amp; Wellbeing</b> Physical health and Mental wellbeing <i>Keeping healthy; food and exercise, hygiene routines; sun safety</i>	<b>Health &amp; Wellbeing</b> Growing and changing <i>Recognising what makes them unique and special; feelings; managing when things go wrong</i>	<b>Health &amp; Wellbeing</b> Keeping safe <i>How rules and age restrictions help us; keeping safe online</i>
<b>RSE notes</b>	N/A								
<b>Y3 &amp; Y4 PHSE</b>	Topic:		Topic:		Topic:				
<b>Y3 CONTENT</b>	<b>Relationships</b> Families and friendships <i>What makes a family; features of family life</i>	<b>Relationships</b> Safe relationships <i>Personal boundaries; safely responding to others; the impact of hurtful behaviour</i>	<b>Relationships</b> Respecting ourselves and others <i>Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</i>	<b>Living in the Wider World</b> Belonging to a community <i>The value of rules and laws; rights, freedoms and responsibilities</i>	<b>Living in the Wider World</b> Media literacy and digital resilience <i>How the internet is used; assessing information online</i>	<b>Living in the Wider World</b> Money and work <i>Different jobs and skills; job stereotypes; setting personal goals</i>	<b>Health &amp; Wellbeing</b> Physical health and Mental wellbeing <i>Health choices and habits; what affects feelings; expressing feelings</i>	<b>Health &amp; Wellbeing</b> Growing and changing <i>Personal strengths and achievements; managing and reframing setbacks</i>	<b>Health &amp; Wellbeing</b> Keeping safe <i>Risks and hazards; safety in the local environment and unfamiliar places</i>
<b>RSE notes</b>	PSHE Association plans for puberty to be taught in Year 4. At Rufforth, we have moved all of these objectives to Years 5 and 6.								
<b>Y5 &amp; Y6 PSHE</b>	Topic:		Topic:		Topic:				
<b>Y5 CONTENT</b>	<b>Relationships</b> Families and friendships <i>Managing friendships and peer influence</i>	<b>Relationships</b> Safe relationships <i>Physical contact and feeling safe</i>	<b>Relationships</b> Respecting ourselves and others <i>Responding respectfully to a wide range of people; recognising prejudice and discrimination</i>	<b>Living in the Wider World</b> Belonging to a community <i>Protecting the environment; compassion towards others</i>	<b>Living in the Wider World</b> Media literacy and digital resilience <i>How information online is targeted; different media types, their role and impact</i>	<b>Living in the Wider World</b> Money and work <i>Identifying job interests and aspirations; what influences career choices; workplace stereotypes</i>	<b>Health &amp; Wellbeing</b> Physical health and Mental wellbeing <i>Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</i>	<b>Health &amp; Wellbeing</b> Growing and changing <i>Personal identity; recognising individuality and different qualities; mental wellbeing</i>	<b>Health &amp; Wellbeing</b> Keeping safe <i>Keeping safe in different situations, including responding in emergencies, first aid and FGM</i>
<b>RSE notes</b>	Elements of the curriculum will be divided between Y5/6 in the summer term. School nurse to deliver age appropriate RSE sessions to Y5 and Y6 separately in summer term: Y5: Puberty, menstruation Y6: Conception and birth								

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### PSHCE & RSE CONTENT MAP – YEAR B

<b>Links to EYFS</b>	<p><b>Personal, Social and Emotional Development</b>  <b>ELG: Self-Regulation</b>            Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;            Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;            Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p><b>ELG: Managing Self</b>            Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;            Explain the reasons for rules, know right from wrong and try to behave accordingly;            Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p> <p><b>ELG: Building Relationships</b>            Work and play cooperatively and take turns with others;            Form positive attachments to adults and friendships with peers;            Show sensitivity to their own and to others' needs.</p>								
<b>Y1 &amp; Y2 PSHE</b>	Topic:		Topic:		Topic:		Topic:		Topic:
<b>Y2 CONTENT</b>	<b>Relationships</b> Families and friendships <i>Making friends; feeling lonely and getting help</i>	<b>Relationships</b> Safe relationships <i>Managing secrets; resisting pressure and getting help; recognising hurtful behaviour</i>	<b>Relationships</b> Respecting ourselves and others <i>Recognising things in common and differences; playing and working cooperatively; sharing opinions</i>	<b>Living in the Wider World</b> Belonging to a community <i>Belonging to a group; roles and responsibilities; being the same and different in the community</i>	<b>Living in the Wider World</b> Media literacy and digital resilience <i>The internet in everyday life; online content and information</i>	<b>Living in the Wider World</b> Money and work <i>What money is; needs and wants; looking after money</i>	<b>Health &amp; Wellbeing</b> Physical health and Mental wellbeing <i>Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help</i>	<b>Health &amp; Wellbeing</b> Growing and changing <i>Growing older; naming body parts; moving class or year</i>	<b>Health &amp; Wellbeing</b> Keeping safe <i>Safety in different environments; risk and safety at home; emergencies</i>
<b>RSE notes</b>	N/A								
<b>Y3 &amp; Y4 PSHE</b>	Topic:		Topic:		Topic:		Topic:		Topic:
<b>Y4 CONTENT</b>	<b>Relationships</b> Families and friendships <i>Positive friendships, including online</i>	<b>Relationships</b> Safe relationships <i>Responding to hurtful behaviour; managing confidentiality; recognising risks online</i>	<b>Relationships</b> Respecting ourselves and others <i>Respecting differences and similarities; discussing difference sensitively</i>	<b>Living in the Wider World</b> Belonging to a community <i>What makes a community; shared responsibilities</i>	<b>Living in the Wider World</b> Media literacy and digital resilience <i>How data is shared and used</i>	<b>Living in the Wider World</b> Money and work <i>Making decisions about money; using and keeping money safe</i>	<b>Health &amp; Wellbeing</b> Physical health and Mental wellbeing <i>Maintaining a balanced lifestyle; oral hygiene and dental care</i>	<b>Health &amp; Wellbeing</b> Growing and changing <i>External genitalia; personal hygiene routines;</i>	<b>Health &amp; Wellbeing</b> Keeping safe <i>Medicines and household products; drugs common to everyday life</i>
<b>RSE notes</b>	PSHE Association plans for puberty to be taught in Year 4. At Rufforth, we have moved all of these objectives to Years 5 and 6.								
<b>Y5 &amp; Y6 PSHE</b>	Topic:		Topic:		Topic:		Topic:		Topic:
<b>Y6 CONTENT</b>	<b>Relationships</b> Families and friendships <i>Attraction to others; romantic relationships; civil partnership and marriage</i>	<b>Relationships</b> Safe relationships <i>Recognising and managing pressure; consent in different situations</i>	<b>Relationships</b> Respecting ourselves and others <i>Expressing opinions and respecting other points of view, including discussing topical issues</i>	<b>Living in the Wider World</b> Belonging to a community <i>Valuing diversity; challenging discrimination and stereotypes</i>	<b>Living in the Wider World</b> Media literacy and digital resilience <i>Evaluating media sources; sharing things online</i>	<b>Living in the Wider World</b> Money and work <i>Influences and attitudes to money; money and financial risks</i>	<b>Health &amp; Wellbeing</b> Physical health and Mental wellbeing <i>What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</i>	<b>Health &amp; Wellbeing</b> Growing and changing <i>Human reproduction and birth; increasing independence; managing transition</i>	<b>Health &amp; Wellbeing</b> Keeping safe <i>Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</i>
<b>RSE notes</b>	Elements of the curriculum will be divided between Y5/6 in the summer term. School nurse to deliver age appropriate RSE sessions to Y5 and Y6 separately in summer term: Y5: Puberty, menstruation Y6: Conception and birth								

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