

## PSHCE & RSE: Preparing Our Children for a Changing World

Dear Parents and Carers,

We know that education is about much more than just academic success—it's about preparing your child to be **confident, resilient, and responsible** in a rapidly changing world. Our **PSHCE (Personal, Social, Health and Citizenship Education)** and **RSE (Relationships and Sex Education)** curriculum is a vital part of this mission.

Delivered using the **Jigsaw scheme**, this spiral curriculum ensures that key concepts are revisited, built upon, and deepened year after year. Rather than just offering isolated lessons, we are deliberately developing your child's **emotional intelligence, health awareness, and critical thinking skills** from Year 1 right through to their transition to secondary school.

On the following page, you will find a clear breakdown of the core concepts covered in each year group. We have grouped the learning into three clear strands:

1. **Relationships:** Focusing on respect, boundaries, online safety, and understanding diverse families.
2. **Health & Well-being:** Covering everything from physical health and nutrition to emotional regulation, self-esteem, and the essential facts about puberty.
3. **Living in the Wider World:** Equipping them with practical life skills like financial literacy, media awareness, and understanding their role as active, responsible members of the community.

We believe that by working together, we can ensure your child has the knowledge and skills they need to navigate life successfully, build positive relationships, and make informed choices. Please take a look to see how your child's learning will progress this year!

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We've broken down the PSHCE (Personal, Social, Health, and Citizenship Education) and RSE (Relationships and Sex Education) curriculum by year group so you can see the clear progression of concepts your child will be learning.

This plan focuses on three core areas: **Relationships, Health & Well-being, and Living in the Wider World**, equipping your child with the essential **knowledge, skills, and values** to thrive as a confident, responsible citizen.

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## PSHCE & RSE: Core Learning Progression for Parents

### Year 1: Building Foundational Blocks

- **Relationships:** Focuses on **uniqueness** (celebrating differences), identifying **special people** who care for them, and practicing positive interactions like **sharing and taking turns**.
  - **Health & Well-being:** Learning about **basic health habits** (sleep, hygiene, healthy foods) and **staying safe** by knowing about **trusted adults** and the **999** emergency service.
  - **Living in the Wider World:** Understanding that **money** is used for needs vs. wants, and beginning to grasp their impact on the **environment** (e.g., recycling).
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## **Year 2: Developing Social Skills and Self-Awareness**

- **Relationships:** Defining a **good friend** (kind, listener), learning to resolve conflicts, and recognising and **reporting bullying** as repeated unkindness.
  - **Health & Well-being:** Exploring a wide range of **feelings** and understanding that all feelings are okay. Introduces the concept of **body privacy** and the right to say "no."
  - **Living in the Wider World:** Discovering the diverse **jobs** people do in the community and beginning to talk about their own **aspirations** for the future.
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## **Year 3: Understanding Diversity and Balanced Lifestyles**

- **Relationships:** Understanding that good relationships require **trust and respect**. Recognising and respecting **diverse family structures** (families come in many forms).
  - **Health & Well-being:** Understanding the need for a **balanced diet** (specifically the dangers of too much sugar) and applying **online safety rules** (never share personal details).
  - **Living in the Wider World:** Defining **community** and developing a sense of **responsibility** to make it safe, fair, and welcoming for everyone.
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## **Year 4: Emotional Regulation and Puberty Introduction**

- **Relationships:** Deepening the concept of **respect** and learning how to **challenge unkindness** and bullying in appropriate ways.
  - **Health & Well-being:** Identifying personal **strengths and skills**. Learning **self-regulation strategies** (like breathing techniques) to manage strong feelings. **Introduction to Puberty:** Covering basic physical and emotional changes.
  - **Living in the Wider World:** Understanding that personal **choices have consequences** for others. Defining **risk** and making informed, safe decisions.
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## Year 5: Critical Thinking and Life Skills

- **Relationships:** Discussing respectful communication both in person and **online**. Learning to set and respect **personal boundaries** in friendships.
  - **Health & Well-being:** Exploring **personal identity** (a mix of culture, beliefs, and personality). Learning **basic first aid** (how to call 999 and treat minor injuries) and the **risks associated with drugs** (e.g., alcohol, tobacco, medicines).
  - **Living in the Wider World: Financial Literacy:** Discussing saving, spending, budgeting, and how **adverts influence** choices. Exploring different **career paths** and challenging stereotypes.
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## Year 6: Transition and Media Literacy

- **Relationships:** Managing the **change** and mixed emotions that come with growing up. Planning for and navigating the **transition to secondary school**.
- **Health & Well-being:** Reinforcing all knowledge about **puberty** (physical and emotional changes) and maintaining **mental well-being** and managing stress.
- **Living in the Wider World: Media Literacy:** Understanding that media and social platforms are designed to **influence** thoughts and actions. Developing **critical thinking skills** to question and challenge what they see online.