



RSHE

Relationships and Health

Education

National Curriculum Aims and Expectations

Progression of Skills and Knowledge



Curriculum Intent

At Fir Bank, our RSHE curriculum aims to develop confident, respectful and resilient children who understand how to form positive relationships, maintain their physical and mental wellbeing, stay safe in an increasingly complex world, and prepare successfully for the next stage of their education. Through inclusive and age-appropriate learning, pupils develop the knowledge, skills and values needed to become healthy, responsible and active members of society.



RSHE Curriculum Aims

Our RSHE curriculum aims to **equip all pupils with the knowledge, skills and values they need to live healthy, safe, respectful and responsible lives**, both online and offline.

By the end of primary school, pupils should be able to:

- Develop positive and respectful relationships with others
- Understand the characteristics of healthy friendships and family relationships
- Recognise and manage risks to their physical and emotional wellbeing
- Build confidence, resilience and self-esteem
- Understand how to seek help and support when needed
- Develop respect for diversity, equality and inclusion
- Understand the importance of physical health, mental wellbeing and healthy lifestyles
- Learn how to stay safe, including online



Expectations by the end of Primary School

Relationships Education

Pupils should:

- Understand that families can take many forms and provide love, care and security.
- Recognise the qualities of healthy friendships, including trust, honesty, loyalty and respect.
- Demonstrate respect towards others and understand the importance of kindness and inclusion.
- Know how to resolve conflict appropriately and seek help when relationships become unhealthy.
- Understand how to establish and respect personal boundaries.



Online Safety

Pupils should:

- Understand how to stay safe online.
- Know that information shared online can be permanent.
- Recognise risks associated with online communication.
- Know how to report concerns and access support.



Health Education

Pupils should:

- Understand that mental wellbeing is part of everyday life.
- Recognise and talk about a range of emotions.
- Understand the importance of physical activity, sleep and healthy eating.
- Know how to maintain good personal hygiene and dental health.
- Understand the risks associated with harmful substances and unsafe behaviours.
- Know basic first aid and how to summon emergency help.



Growing and Changing

By the end of Year 6, pupils should:

- Understand the main physical and emotional changes that occur during puberty.
- Know that these changes are a normal part of growing up.
- Feel prepared for the transition to secondary school.



Key Principles Underpinning RSHE (2025 Guidance)

RSHE teaching must be:

- **Age-appropriate and developmentally appropriate**
 - **Accurate, inclusive and evidence-based**
- **Sensitive to pupils' backgrounds and family circumstances**
 - **Delivered in a safe, respectful learning environment**
- **Taught with professional judgement, not rigid age limits**



PSHE long term overview

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early Years	Relationships	Relationships	Keeping Safe	Understanding the law	Wellbeing	Passport
Year 1	Relationships	Relationships	Keeping Safe	Understanding the law	Wellbeing	Wellbeing
Year 2	Relationships	Relationships	Keeping Safe	Understanding the law	Wellbeing	Passport
Year 3	Relationships	Relationships	Keeping Safe	Understanding the law	Wellbeing	Wellbeing
Year 4	Relationships	Relationships	Keeping Safe	Understanding the law	Wellbeing	Wellbeing
Year 5	Relationships	Relationships	Keeping Safe	Understanding the law	Wellbeing	Wellbeing
Year 6	Relationships	Relationships	Keeping Safe	Understanding the law	Wellbeing	Passport



PSHE – Medium-term plan-Early Years

Autum 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Relationships	Relationships	Keeping Safe	Understanding the Law	Wellbeing	Passport
Lessons Pol Ed 1. How can adults at school help me? 2. How can I be a good friend? 3. How can I make other children feel happy? 4. How can I play nicely with others?	Lessons Responsive teaching using books and stories.	Lessons Pol Ed 1. How can I keep safe at home? 2. How can I keep safe at school? 3. How can I play safely?	Lessons Pol Ed 1. What are consequences? 2. What are rules? 3. What can I do if I'm feeling big emotions? 4. Who are the police and how do they help us?	Lessons Pol Ed 1. How can I be a germ buster? 2. How does exercise help me? 3. How does food help me?	Lessons Pol Ed 1. What are emotions? Passport Stamp 2. What is empathy? Passport Stamp 3. What is respect? Passport Stamp 4. What is resilience? Passport Stamp 5. What is risk? Passport Stamp 6. What is self worth? Passport Stamp



PSHE – Medium-term plan-Year 1

Autum 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Relationships	Relationships	Keeping Safe	Understanding the Law	Wellbeing	Wellbeing
Lessons 1. Ground Rules – My PSHE learning journey book. One page profile. 2. Tribal Classroom 3. Zones of regulation – Calm corner Pol Ed 4. How can I be an ally? 5. How can I make friends? 6. What if my friends are making me feel sad?	Lessons Pol Ed 1. What is bullying? 2. Why are safe hands important? 3. Why is name calling unkind? Responsive teaching using books and stories to support key messages..	Lessons Pol Ed 1. How can I keep safe in new places? 2. How can I speak up? 3. How can I use things at home safely? 4. What is 999? 5. What is private information? 6. Who are my trusted adults?	Lessons Pol Ed 1. How can I be responsible? 2. What can happen when rules are broken? 3. What do the police do? 4. Why have different rules in different places? 5. British Values	Lessons Pol Ed 1. How can I be an empathy expert? 2. How can I share my feelings? 3. What do feelings feel like? 4. What makes me special? Responsive teaching using books and stories to support key messages.	Lessons 1. Review One Page profile written at the start of the year. 2. Transition Responsive teaching using books and stories to support key messages.



PSHE – Medium-term plan-Year 2

Autum 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Relationships	Relationships	Keeping Safe	Understanding the Law	Wellbeing	Passport
Lessons 1. Ground Rules – My PSHE learning journey book. One page profile. 2. Tribal Classroom 3. Zones of regulation – Calm corner Pol Ed 4. How are we the same? How are we different? 5. How can I work with different people? 6. How do I share family worries?	Lessons Pol Ed 1. What is a family? 2. Why are relationships important? 3. Bonfire night Responsive teaching using books and stories to support key messages..	Lessons Pol Ed 1. How can I keep safe online? 2. What are different types of meetings? 3. What are medicines? 4. What are private body parts? 5. What is fire safety. Passport Lesson KS1 - Fact Finding - Passport Stamp	Lessons Pol Ed 1. What are needs and wants? 2. What is a job? 3. What is money? 4. What is the internet? 5. Why does age matter? Passport Lesson KS1 - Informed Decision Making - Passport Stamp	Lessons Pol Ed 1. How can I deal with change? 2. How can I look after my body? 3. What are the risks of video gaming? 4. What does it mean to be healthy? 5. When do I need to take a break? 6. Why is sleep important?	Lessons Pol Ed 1. KS1 - Empathy - Passport Stamp 2. KS1 - Future Planning - Passport Stamp 3. KS1 - Resilience - Passport Stamp 4. KS1 - Respect - Passport Stamp 5. KS1 - Self Worth - Passport Stamp 6. KS1 - Understanding Risk - Passport Stamp



PSHE – Medium-term plan-Year 3

Autum 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Relationships	Relationships	Keeping Safe	Understanding the Law	Wellbeing	Wellbeing
Lessons 1. Ground Rules – My PSHE learning journey book. One page profile. 2. Tribal Classroom 3. Zones of regulation – Calm corner Pol Ed 4. How should we treat people? 5. What can I do when friendships go wrong? 6. What do we mean by consent in friendships?	Lessons Pol Ed 1. What is bullying? 2. Who are my key people? 3. Bonfire night 4. British Values Responsive teaching using books and stories to support key messages.	Lessons Pol Ed 1. How can I share my worries? 2. What are emergency services? 3. What are emergency situations? 4. What do we mean by risk? 5. When should I break a secret?	Lessons Pol Ed 1. How can I be a responsible citizen? 2. What are children's rights? 3. How do we enforce the law? 4. What is the law and why do we have it? 5. British Values	Lessons Pol Ed 1. What am I good at? 2. How can intense feelings feel? 3. How can vaccinations support our health? Responsive teaching using books and stories to support key messages.	Lessons Pol Ed 1. How does school help me? 2. What is mental health? 3. What words can I use to talk about my feelings? Responsive teaching using books and stories to support key messages.



PSHE – Medium-term plan-Year 4

Autum 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Relationships	Relationships	Keeping Safe	Understanding the Law	Wellbeing	Wellbeing
Lessons 1. Ground Rules – My PSHE learning journey book. One page profile. 2. Tribal Classroom 3. Zones of regulation – Calm corner Pol Ed 4. How can we be role models? 5. What is a healthy friendship? 6. What is discrimination?	Lessons Pol Ed 1. What is diversity? 2. What is peer influence? 3. Who makes up my community? 4. British Values Responsive teaching using books and stories to support key messages.	Lessons Pol Ed 1. How can I keep safe in my local area? 2. How can we keep safe on the road? 3. What are hazards in the home? 4. What is first aid? 5. Who do I encounter?	Lessons Pol Ed 1. How can I respect my environment? 2. What are protected characteristics? 3. What can I be? 4. What is hate crime? 5. British Values Responsive teaching using books and stories to support key messages.	Lessons Pol Ed 1. How can I be a hygiene hero? 2. How do my choices help me to be healthy? 3. How does school build my character? Responsive teaching using books and stories to support key messages.	Lessons Pol Ed 1. What are healthy habits? 2. What is my body trying to tell me? 3. Why is food fuel? Responsive teaching using books and stories to support key messages.



PSHE – Medium-term plan-Year 5

Autum 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Relationships	Relationships	Keeping Safe	Understanding the Law	Wellbeing	Wellbeing
Lessons 1. Ground Rules – My PSHE learning journey book. One page profile. 2. Tribal Classroom 3. Zones of regulation – Calm corner Pol Ed 4. How can my adult relationships affect my future? 5. How do words have power? 6. What are my personal boundaries?	Lessons Pol Ed 1. What are online friendships? 2. What is grooming? 3. What is media influence? 4. What is peer pressure? Responsive teaching using books and stories to support key messages.	Lessons Pol Ed 1. How can we keep our things safe? 2. How can we use our phones sensibly? 3. What are deep fakes? 4. What are the risks with money? 5. What do I know about drugs? 6. What is media literacy? 7. Why are our special people important?	Lessons Pol Ed 1. How do rules help our community? 2. What can and can't I do on the internet? 3. What is gambling? 4. British Values Responsive teaching using books and stories to support key messages.	Lessons Pol Ed 1. How might being online impact the way I feel? 2. How might drugs and alcohol make people feel? 3. How might my activity levels impact the way I feel? 4. British Values. Responsive teaching using books and stories to support key messages.	Lessons Pol Ed 1. How might puberty impact the way I feel? 1. How might school impact the way I feel? 3. What is my personal identity? Responsive teaching using books and stories to support key messages.



PSHE – Medium-term plan-Year 6

Autum 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Relationships	Relationships	Keeping Safe	Understanding the Law	Wellbeing	Passport
Lessons 1. Ground Rules – My PSHE learning journey book. One page profile. 2. Tribal Classroom 3. Zones of regulation – Calm corner Pol Ed 4. How can I get ready for secondary relationships? 5. How can we be allies against racism? 6. How can we challenge sexism? 7. Halloween: Trick or treat?	Lessons Pol Ed 1. Bonfire Night & Firework Safety Lesson 2. How can we respect different relationships? 3. What is a debate? 4. What is my relationship with authority? 5. British Values Responsive teaching using books and stories to support key messages.	Lessons Pol Ed 1. How is my data shared? 2. What is antisocial behaviour? NOT ONLINE 3. What is spiking? 4. What is the issue with addiction? (Vaping/Smoking) 5. Why does media have age restrictions?	Lessons Pol Ed 1. What are the different types of crime? 2. What does the law say about legal drugs? 3. What does the law say about marriage? 4. What is a weapon? 5. What is anti-social behaviour? 6. What is shop theft?	Lessons Pol Ed 1. How can I manage moving to high school positively? 2. How can I re-frame my thinking? 3. How can I seek support for my mental health? 4. What does adulthood look like? 5. What is grief?	Lessons Pol Ed 1. KS2 - Resilience - Passport Stamp 2. KS2 - Respect - Passport Stamp 3. KS2 - Self Worth - Passport Stamp 4. KS2 - Understanding Risk - Passport Stamp 5. KS2 - Empathy - Passport Stamp 6. KS2 - Fact Finding - Passport Stamp 7. KS2 - Future Planning - Passport Stamp 8. KS2 - Informed Decision Making - Passport Stamp



Additional Resources

- Responding to issues in classrooms, school and local area is an important part supporting children to develop strategies to understand and manage their emotions in response to different situations.
- Below are additional resources that can be used to supplement PSHE teaching for each year group.



Supplementary teaching resources Year 1

Heath and wellbeing	Relationships	Living in the wider world
These resources support children to explore how to listen, share, work cooperatively, and when and how to ask for permission. Pupils learn about friendships, including falling out and how to recognise bullying.	These resources explore similarities and differences as well as everyone individuality. Pupils look at different families, and how family members can show care and love for each other	These resources teach about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety.
Lessons 1. PSHE association foundations for well being	Lessons PSHE association 1. Personal identity –All different, all special 2. Belonging and community – Sameness and differences 3. Families – what makes a family? 4. Different families. Tha National Oak Academy 1. Families are special 2. Family connection 3. Types of family	Lessons PSHE association 1. Keeping safe in the sun 2. The sleep factor –ready for sleep 3. Food for thought – Keeping healthy with food and drink 4. Dental health – looking after out teeth. 5. The importance of handwashing 6. Physical activity Lessons PSHE association OHID: Every mind matters 1. Emotions 2. Kindness 3. Self – care



Supplementary Teaching resources Year 2

Mental health and wellbeing	Keeping safe online	Me, my body and staying safe	Money and work	Keeping safe
These resources explore a range of feelings and their intensity, and simple strategies to help manage them. The unit also introduces different kinds of change and loss (including bereavement)	These resources explore how online content can impact feelings and supports pupils to make safe choices about what they watch or share online (including the importance of not sharing personal information).	These resources explore how people change as they grow from young to old. Pupils are introduced to the names of the private body parts including genitalia, and learn how the talk PANTS rules can keep them safe.	These resources examine people's different strengths and interests and what this means for the jobs they might choose. It explores what money is, how jobs can help people earn money, and how to distinguish between needs and wants.	These resources teach about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety.
Lessons PSHE association Foundations for wellbeing 1. Noticing and naming feelings 2. Different distractions. 3. Changing thoughts and feelings 4. Managing unhelpful thoughts. 5. Reactions and responses 6. Change, loss and grief – What happens when things change?	PSHE association CEOP: Jessie and friends 3. Watching videos 4. Sharing pictures 5. Playing games BBFC: Watch out! 6. Helping others to make good viewing choices 7. Keeping viewing choices safe.	Lessons PSHE association Medway – Changing and growing up 1. May special people 2. Growing up – the human life cycle 3. Everybody's body 4. PANTS power 5. More PANTS power	Lessons PSHE association The careers and Enterprise company: Careers explorers. 1. Strengths and interests. 2. Different jobs	Lessons PSHE association Road and rail safety 1. Crossing the road 2. Keeping safe around railways Environment agency 3. Caring for the environment



Supplementary teaching resources -Year 3

Me, my friends and belonging	Mental health and wellbeing	Building healthy habits	Making choices online	Keeping safe	Looking out for each other
These resources explore themes of personal identity and friendship. Pupils learn ways to make others feel welcome and included.	These resources develop pupils bank of self regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries.	These resources develop pupils' understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity.	These resources explore how to protect information online and make choices about online content, including understanding age ratings.	These resources support pupils to identify risk and keep safe in the sun, as well as around railways and water.	These resources explore the basics of first aid, and revisits how to make and efficient call to the emergency services.
Lessons PSHE association Personal identity 1. Personal identity	PSHE association Foundations for Wellbeing 1. Managing worries 2. Managing responses	Lessons PSHE association Food for thought 1. Healthier eating and drinking habits. 2. Heathier eating – choices and influences 3. Ready, set, cook! 4. Dental health – exploring dental health.	Lessons PSHE association NSCS: CyberSprinters 1. Creating and managing passwords 2. Protecting your devices BBFC: Lets watch a film 3. What can we watch? 4. Can we choose what to watch? 5. Paying to play	PSHE association Keeping safe: Sun safety 4. Managing risks in the sun. 5. Road and rail safety – risks and keeping safe. 6. Environment agency – canals and rivers 7. Flood alert!	PSHE association St Johns ambulance: First aid 5. Allergies 6. Bites and stings 7. Calling for Help



Supplementary teaching resources -Year 4

Mental health and wellbeing	Exploring ways to manage risk	Forming respectful relationships	Money matters and news literacy	Me, my body and growing up	Families and growing together
These resources extend pupils' understanding of self regulation strategies and explores factors that can support wellbeing.	These resources explore assessing and managing risk in different contexts, and the role that peer influence can play in personal safety.	These resources support pupils to respond appropriate to conflicts and bullying, and to understanding the importance of kindness.	These resources explore how attitudes and influences can impact decisions about money. It encourages pupils to critically engage with news stories and recognise how they might affect emotions.	These resources focuses on the physical and emotional change experienced during puberty, and builds pupils confidence in using the talk PANTS rule to keep safe.	These resources support pupils understanding of diverse family structures, and how families can change.
Lessons PSHE association Foundations for wellbeing 1. Describing emotions 2. Understanding emotions 3. Exploring different thinking habits 4. Different ways to manage worries 5. Strategies for calm 6. Change, loss and grief – How do people manage change and loss?	PSHE association 6. Exploring risk in relation to gambling 7. Drug education – medicines and household products. Smoking, vaping and alcohol.	PSHE association Friendships and bullying	Lessons PSHE association Money and wellbeing 1. How money is used 2. Making decisions about money. Guardian foundation: NewsWise 3. How news affects feelings 4. Fake or real news? 5. Questioning images in the news.	Lessons PSHE association Medway:Changing and growing up 1. Time to change 2. Menstruation and wet dreams 3. Personal hygiene 4. Emotions and feelings NSPCC: Talk PANTS 5. Building confidence	Lessons PSHE association Families 1. Family relationships 2. Diverse families 3. Family changes Committed relationships and family life 4. Marriage and partnership



Supplementary teaching resources -Year 5

Friendships, stereotypes and bullying	Mental health and wellbeing	Positively engaging with our world	Respecting boundaries	Embedding healthy habits and learning first aid
These resources explores respectful relationships and what to do about bullying. Pupils learn how to recognise and challenge stereotypes and prejudiced or extreme views.	These resources revisits and builds on prior learning about mental health, exploring how different self-regulation strategies can help shift habitual thoughts and emotions, and support wellbeing.	These resources examine healthy ways of engaging with news stories and the impact that climate change can have an emotions and wellbeing.	These resources explore personal boundaries, different types of touch, and how to respectfully ask, give or not give permission.	These resources support pupils to recognise the benefits of healthy habits such as sun safety, regular exercise and goal setting. First aid
PSHE association	PSHE association Foundations for wellbeing	Lessons PSHE association Guardian Foundation: NewsWise 1. Managing feelings about the news. 2. Spotting fake news 3. Understanding that news is targeted UCL: Climate change – empathy and agency 4. Connecting with nature 5. Everyday actions 6. Doing it together	Lessons PSHE association Consent 1. Giving and seeking permission. 2. Personal boundaries 3. Appropriate and inappropriate touch 4. NSPCC:talk PANTS – How can the PANTS rule help us? 5. Keeping safe -FGM	Lessons PSHE association 1, Melanoma Fund: Sunguarding schools 2 Sure breaking limits – confident mover 3. Team player 4. Goal setter St Johns ambulance: First aid 5. Asthma 6. Head Injuries



Supplementary teaching resources -Year 6

Mental health and wellbeing	Managing money and online spending	Positively engaging with our world	Respecting boundaries	Safe connections	Embedding healthy habits and learning first aid
These resources build on prior learning about mental health, helping pupils to explore strategies that support wellbeing – including in the context of the transitions to secondary schools.	These resources revisit and builds on prior learning about mental health, exploring how different self-regulation strategies can help shift habitual thoughts and emotions, and support wellbeing.	These resources examine healthy ways of engaging with news stories and the impact that climate change can have on emotions and wellbeing.	These resources explore personal boundaries, different types of touch, and how to respectfully ask, give or not give permission.	These resources support pupils to stay safe and manage risks if socialising online and cybercrime.	These resources support pupils to recognise the benefits of healthy habits such as sun safety, regular exercise and goal setting. First aid
PSHE association Foundations for wellbeing		Lessons PSHE association Guardian Foundation: NewsWise 1. Managing feelings about the news. 2. Spotting fake news 3. Understanding that news is targeted UCL: Climate change – empathy and agency 4. Connecting with nature 5. Everyday actions 6. Doing it together	Lessons PSHE association Consent 1. Giving and seeking permission. 2. Personal boundaries 3. Appropriate and inappropriate touch 4. NSPCC:talk PANTS – How can the PANTS rule help us? 5. Keeping safe -FGM	Lessons Purple Mash	Lessons PSHE association 1, Melanoma Fund: Sunguarding schools 2 Sure breaking limits – confident mover 3. Team player 4. Goal setter St Johns ambulance: First aid 5. Asthma 6. Head Injuries