

Horningsham Primary School: PSHE/RSHE Curriculum Overview

At Horningsham Primary School, Personal, Social, Health and Economic Education (PSHE) is central to developing confident, resilient and empathetic learners. Using Kapow as the basis of our PSHE curriculum, we equip pupils with the knowledge, skills and understanding they need to make safe, informed decisions, manage their wellbeing and build positive relationships throughout their lives. The intent of our PSHE curriculum is to prepare pupils for life in modern Britain so that they lead safe, healthy and fulfilling lives.

In our small, mixed-age classes, lessons are delivered flexibly and are carefully differentiated to meet pupils' developmental needs and reflect the context of our school community. Teaching approaches include discussion, role-play and reflection, enabling pupils to explore ideas in a supportive and inclusive environment. The curriculum follows a spiral approach, revisiting and building on key themes over time:

- Families and Relationships
- Health and Wellbeing
- Safety and the Changing Body
- Citizenship
- Economic Wellbeing
- Transition



In EYFS, PSHE is delivered through Kapow's PSED units, aligned with the Early Learning Goals. As pupils progress through the school, learning is carefully sequenced and builds systematically to develop self-awareness, responsibility and understanding of their role in society. Key knowledge, skills and vocabulary are revisited over time, enabling pupils to deepen understanding and apply learning with increasing confidence and independence. PSHE promotes emotional resilience, positive relationships, inclusion and safeguarding. Pupils learn to recognise unsafe situations, identify trusted adults and know how to seek help, contributing to a strong culture of safeguarding. The curriculum meets statutory requirements for Relationships, Sex and Health Education (RSHE); further detail is available in our RSHE policy.

The PSHE curriculum actively promotes British Values, including respect, tolerance, democracy, the rule of law and individual liberty, and supports pupils' spiritual, moral, social and cultural (SMSC) development. It is inclusive and reflects a wide range of families, relationships and lived experiences, promoting equality, respect and mutual understanding. PSHE is closely linked with other areas of the curriculum, including RE and Worldviews, and is further reinforced through assemblies and whole-school events.

Teachers use discussion, reflection and observation to check pupils' understanding and inform future teaching, ensuring learning meets pupils' needs. As a result, pupils demonstrate positive attitudes to learning, respectful behaviour and an increasing ability to manage emotions and relationships effectively.

PSHE/RSHE		Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2					
Robins	EYFS: PSED	Setting ground rules	Self-regulation: My Feelings	Building relationships: Special Relationships	Managing self: Taking on challenges	Building relationships: My family and friends	Building relationships: My Family and friends	Managing self: My wellbeing									
	PSHE		Families and Relationships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic Wellbeing	Transition									
Woodpeckers	PSHE	Setting ground rules	Families and Relationships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic Wellbeing	Transition									
Owls	PSHE	Setting ground rules	Families and Relationships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic Wellbeing	Transition									

By placing PSHE at the heart of our curriculum, we aim to nurture happy, healthy and responsible individuals who are well prepared for the next stage of their education and for life beyond school.

PSHE/RSHE Curriculum Content Overview: Robins

	Autumn 1		Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS: PSED	Setting ground rules for PSHE	<p>Self-regulation: My Feelings Identify feelings in self and characters, coping strategies to regulate emotions, facial expressions and feelings they represent, moderating behaviour.</p>	<p>Building relationships: Special Relationships Our families and people who are special to us, strategies when sharing, what makes a good friend, what makes us unique, perspectives and feelings of others, listening skills, telling the truth.</p>	<p>Managing self: Taking on challenges How we can take care of ourselves, how exercise affects the body, coping with challenge when problem solving, learning from mistakes.</p>	<p>Self-regulation: Listening and following instructions Rules keep us safe, road safety and walking safely.</p>	<p>Building relationships: My Family and friends Being inclusive, all people are valuable, listening skills, teamwork, being a good friend.</p>	<p>Managing self: My wellbeing Eating healthily, what is exercise and why does it matter, yoga as a way to help our bodies and minds relax, recognising and celebrating our strengths, coping with change.</p>
PSHE	Setting ground rules for PSHE	<p>Families and Relationships Different families, trusted adults, friendly behaviours, overcoming friendship problems, showing feelings, caring for people when sad, gender stereotypes</p>	<p>Health and Wellbeing Hygiene: washing hands First aid: allergies and allergic reactions, sun safety, positive sleep habits, self-care techniques -muscle relaxation and laughter, people who look after our health, personal strengths and qualities, managing feelings.</p>	<p>Safety and the Changing Body Appropriate physical contact, what to do if I get lost, identifying hazards, safe and unsafe things to put in our bodies, people who help us, dealing with an emergency situation – phoning 999.</p>	<p>Citizenship Rules and consequences, looking after pets, differences between people, identifying groups people belong to, how needs change over time, voting.</p>	<p>Economic Wellbeing How people use money, keeping money safe, what to do if we find money, exploring choices about money, how banks work, different skills people have, different jobs need different skills.</p>	<p>Transition Recognising and celebrating our skills and strengths, positive and negative changes, coping with change.</p>

PSHE/RSHE Curriculum Content Overview: Woodpeckers

	Autumn 1		Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A	Setting ground rules for PSHE	Families and Relationships Respect for different families, actions to help difficulties in friendships, who to speak to at school if worried, trusted adults, responding to others' feelings, manners in different situations, stereotypes related to jobs.	Health and Wellbeing Healthy teeth, benefits of exercise, and a healthy diet, self-care techniques: breathing exercises, managing emotions, empathy, personal goals, growth mindset, self-respect.	Safety and the Changing Body Privacy, road safety, safety around medicines, PANTS rule, online safety – how to get help, secrets and surprises, naming body parts including private parts, changes as we grow up.	Citizenship Positives and negatives about school, rules and laws, looking after the school environment, democracy in school, recognising people who contribute to the local community.	Economic Wellbeing Comparing wants and needs, basic needs, features of bank accounts cards, saving money, personal skills and talents, reasons for career choices, individuality and diversity in jobs.	Transition Understanding change as a part of life, feelings about change, managing feelings about change, who can help us if we're worried.
Cycle B	Setting ground rules for PSHE	Families and Relationships Problems in families – safe/unsafe, places to get help, who to speak to at school if worried, trusted adults, resolving friendship problems, impact of bullying and what to do, people we can trust, non-verbal communication, listening skills, stereotypes related to age.	Health and Wellbeing Dental health, self-care techniques - stretches for relaxation, benefits of an active lifestyle and healthy diet, exploring identity through groups, how our strengths can help others, understanding loneliness, overcoming barriers and problems.	Safety and the Changing Body What is a responsible digital citizen, responding to cyberbullying or unkind online behaviour, road safety, safe and unsafe digital content, people who influence us, exploring personal choices and decisions, first aid – bites, stings and allergic reactions, dealing with medical emergencies, PANTS rule, naming body parts, changes as we grow up.	Citizenship UN Convention on the Rights of the Child, responsibilities for adults to maintain children's rights, recycling at home/school, responsibilities of local council, local elections, consequences of breaking rules, local charity groups and how they support the community.	Economic Wellbeing Pros and cons of payment methods, benefits of budgeting, planning within a budget, attitudes towards money, empathy in financial situations, ethical spending decisions, impact of spending choices, future jobs and goals, workplace stereotypes, influences on job choices.	Transition Understanding change brings more opportunities and responsibilities, managing feelings about change, who can help us if we're worried, aspirations and future goals.

PSHE/RSHE Curriculum Content Overview: Owls

	Autumn 1		Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A	Setting ground rules for PSHE	Families and Relationships Differences in families, marriage, friendship attributes and skills, consent, causes and impact of bullying and bystanders, witnessing conflict and how to get support, impact of stereotypes, impact of discrimination, self-respect.	Health and Wellbeing Risks of sun exposure and sun safety, self-care techniques – yoga and stretching, healthy diet and calories, bed time routines to support sleep, what causes stress, failure an important part of success, recognising mental distress.	Safety and the Changing Body Safe relationships online and offline, grooming, protecting privacy and online/offline behaviour, how to seek help and report unsafe behaviour, making decisions – peer pressure, first aid – bleeding. Y4: Physical and emotional changes during puberty, body parts – privacy and PANTS rule, hygiene. Y5/6: Physical and emotional changes during puberty, menstrual cycle, reproductive organs, consent, conception, what babies need.	Citizenship Environmental issues related to food, education rights and human rights, identifying causes important to us, parliament and individual influence, challenging prejudice and discrimination, appropriate ways to share views and ideas.	Economic Wellbeing Emotions linked to money, online scams, protecting privacy, managing expenses, adapting to financial changes, risks of gambling and betting, personal interests, strengths and evaluating career paths.	Transition Recognising our achievements, setting goals, strategies to cope with feelings about change, responsibilities and skills needed for leadership roles. Y6: Transition to secondary preparation – making friends, how to seek support, growing independence.
Cycle B	Setting ground rules for PSHE	Families and Relationships Safe/unsafe families, abuse, respectful relationships and consent, how to seek support if we feel unsafe (Childline), Resolving conflict – compromise and negotiation, respect in relationships, challenging stereotypes, process of grief.	Health and Wellbeing Preventing illness, vaccinations, actions if worried about someone, self-care techniques – visualisation, developing good habits, goals for healthy lifestyles = impact of technology, personal qualities, resilience in challenge.	Safety and the Changing Body Reliability of online information, fake news, misinformation/disinformation, online relationships – dealing with problems, attitudes and risks of alcohol, first aid – choking, primary survey, recovery position, who to call in emergencies/non-emergencies. Y4: Physical and emotional changes during puberty, body parts – privacy and PANTS rule, hygiene. Y5/6: Physical and emotional changes during puberty, menstrual cycle, reproductive organs, consent, conception, what babies need.	Citizenship Rights and responsibilities, laws, rules and consequences of breaking the law, illegal/harmful behaviour and pressure, protecting the environment – waste hierarchy, parliament – how it works and what it does, making a difference, pressure groups and campaigns.	Economic Wellbeing Recognising value for money, differing opinions on spending, tracking money spent and saved, reasons for using a bank, protecting money, influences on job choices, understanding careers can change, challenging workplace stereotypes.	Transition Recognising our achievements, setting goals, strategies to cope with feelings about change, responsibilities and skills needed for leadership roles. Y6: Transition to secondary preparation – making friends, how to seek support, growing independence.

	Autumn 1		Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle C	Setting ground rules for PSHE	<p>Families and Relationships Differences in families, marriage, friendship attributes and skills, consent, causes and impact of bullying and bystanders, witnessing conflict and how to get support, impact of stereotypes, impact of discrimination, self-respect.</p>	<p>Families and Relationships Differences in families around the world, impact of bullying and roles – victim, bully, bystander, courtesy and manners, boundaries and consent, disability stereotypes, impact of bereavement and how to support/get support.</p>	<p>Health and Wellbeing Looking after our teeth, self-care techniques – relaxation, job roles and skills required, ranges of emotions, mental health, how mistakes can help us learn, supporting our own or others' mental health, growth mindset.</p>	<p>Safety and the Changing Body Benefits and risks of sharing online, appropriate image sharing, conspiracy theories, public and private, how to seek help, risks of smoking and tobacco, first aid – asthma and how to help someone having an asthma attack. Y4: Physical and emotional changes during puberty, body parts – privacy and PANTS rule, hygiene. Y5/6: Physical and emotional changes during puberty, menstrual cycle, reproductive organs, consent, conception, what babies need.</p>	<p>Citizenship Human rights, who protects our rights – police, judges, politicians, reusing items to benefit the environment, responsibilities and needs of council, benefits of diversity.</p>	<p>Economic Wellbeing Earning, spending, borrowing money, debt, interest, safety around sharing financial information, emotions related to money, seeking guidance for financial dilemmas, role of educational choices in employment.</p>