



Bingham Primary School – PSHE & RSE Curriculum

PSHE & RSE Curriculum

The PSHE & RSE curriculum provides pupils with the knowledge and skills they need to stay healthy, safe and prepared for life. It encompasses Personal, Social, Health, Economic, Relationships, Citizenship and Sex Education, helping pupils to understand and manage their mental and physical wellbeing, build positive relationships, keep themselves safe and make informed decisions about money, health and the online world. As pupils may encounter mixed messages from peers, social media and the wider world, our curriculum ensures that every child receives clear, accurate and age-appropriate teaching to support safe and informed choices.

PSHE & RSE is taught weekly and follows the same consistent lesson structure used across the curriculum: Recall, Attention Grabber, Main Event and Wrapping Up. This familiar structure reduces cognitive load, allowing pupils to focus on the learning rather than new routines, while providing a supportive framework for exploring sensitive or complex topics. Learning is also reinforced through everyday school life, with staff naturally revisiting key concepts in response to real-life situations, helping pupils make meaningful connections between taught content and lived experiences.

Assessment is embedded throughout lessons through questioning, retrieval practice and interactive activities, enabling staff to monitor understanding and adapt teaching in real time. Each unit includes a Knowledge Catcher, completed at the beginning and revisited at the end, allowing pupils to demonstrate how their knowledge and understanding have developed. As pupils begin with varying prior knowledge and life experiences, assessment is primarily ipsative, focusing on individual progress over time rather than comparison with others.

Resources:

PSHE & RSE Curriculum Information	RSE & PSHE curriculum information
Progression of Skills and Knowledge	Skills/Knowledge
Vocabulary Progression	Vocabulary
Statutory Guidance	Relationships Education, Relationships and Sex Education and Health Education guidance
Statutory Guidance Mapping	Mapping
Curriculum Overview for Parents/Carers	<i>In process of being developed</i>



Curriculum Coverage Grid & Planning

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<u>Self-regulation: My feelings</u>	<u>Building relationships: Special relationships</u>	<u>Managing self: Taking on challenges</u>	<u>Self-regulation: Listening and following instructions</u>	<u>Building relationships: My family and friends</u>	<u>Managing self: My wellbeing</u>
Year 1	<u>My healthy self: How can we look after our emotions?</u>	<u>Connecting with others: How can I help myself and others feel happy and safe?</u>	<u>The online world: How do we spend time online?</u>	<u>Health protection: How can I protect myself and others in daily life?</u>	<u>Health protection: How can I protect myself and others in daily life?</u>	<u>Staying safe: How can I stay safe?</u>
Year 2	<u>My healthy self: How can we look after our bodies?</u>	<u>Connecting with others: How can I build safe, kind and caring relationships with others?</u>	<u>The online world: How can we stay safe online?</u>	<u>Growing up: How can we look after and respect our bodies as we grow?</u>	<u>Growing up: How can we look after and respect our bodies as we grow?</u>	
Year 3	<u>My healthy self: How can I take care of my mind and body?</u>	<u>Connecting with others: What helps us feel safe and included?</u>	<u>The online world: How should we communicate online?</u>			
Year 4	<u>My healthy self: How can I make healthy choices?</u>	<u>Connecting with others: How can we respect each other?</u>	<u>The online world: How can we decide what to trust online?</u>	<u>Growing up: How will my body and emotions change as I grow up?</u>	<u>Growing up: How will my body and emotions change as I grow up?</u>	<u>Staying safe: What signs help me recognise what is safe or unsafe?</u>
Year 5	<u>My healthy self: How can I support my mind and body as I grow?</u>	<u>Connecting with others: Why are healthy relationships important?</u>	<u>The online world: How am I influenced by what I see online?</u>	<u>Growing up: How can I manage the changes to my body and emotions as I grow up?</u>	<u>Growing up: How can I manage the changes to my body and emotions as I grow up?</u>	
Year 6	<u>My healthy self: How do my choices today shape my future health?</u>	<u>Connecting with others: What does it mean to stand up for myself and others?</u>		<u>Staying safe: How can I stay safe as I grow up?</u>	<u>Staying safe: How can I stay safe as I grow up?</u>	<u>Sex education: How do people become parents and carers?</u>