



## PSHE (including RSE) at RTS

	Autumn <b>Relationships</b>			Spring <b>Health and Wellbeing</b>			Summer <b>Living in the Wider World</b>		
	<b>Families &amp; relationships</b>	<b>Safe relationships</b>	<b>Respecting ourselves and others</b>	<b>Physical health &amp; wellbeing</b>	<b>Growing &amp; changing</b>	<b>Keeping safe</b>	<b>Media literacy &amp; digital literacy</b>	<b>Money &amp; Work</b>	<b>Belonging to a community</b>
Bishopdale EYFS	Settling in – getting to know you	Kind hands, safe touch; PANTs (3-5)	Recognising feelings; turn-taking; being gentle and far	Healthy routines; movement & rest	Our bodies; naming body parts; difference between young and old	Safety in school & at home; staying safe near water	Using devices safely	People who help us	Belonging at RTS; moving to Year 1/changing classes
Airedale EYFS/Y1	Making friends; what makes a good friend	Body privacy; safe adults; Saying no; PANTs (3-5)	Understanding emotions and behaviour	Keeping healthy; food & exercise	Our bodies; naming body parts; independence	How rules keep us safe; staying safe near water and near roads	Screen time; using the internet safely	What money is; looking after it	What rules are; caring for others' needs
Ribblesdale Y1/2	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission, PANTs (5-7)	How behaviour affects others; being polite and respectful	Why sleep is important; medicines & keeping healthy	Recognising what makes us unique and special; managing when things go wrong	Safety in different situations inc. online; road safety; railway safety (stations & level crossings)	Using the internet & digital devices; recognising adverts & pop-ups; communicating online	What money is; wants vs needs; strengths & interests	Looking after the environment
Dentdale Y2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure; recognising hurtful behaviour	Recognising things in common; playing and working together	Keeping teeth healthy; managing feelings & asking for help	Growing older; naming body parts; PANTs (5-7)	How rules & age restrictions help us; risks & safety at home & public spaces (parks, events, busy places)	The internet in everyday life; online content & information; "too good to be true" offers	Looking after money; jobs in the community	Belonging to a group; roles & responsibilities; being the same & different in the community

Swaledale Y3	What makes a family; features of family life	Personal boundaries; responding safely to others	Recognising respectful behaviour; importance of self-respect; courtesy	Healthy choices & habits; what affects feelings; expressing feelings	Personal strengths & achievements; managing & reframing setbacks; PANTs (7-9); puberty basics	Risks & hazards; safety in the local environment, unfamiliar places & public spaces; rail safety (signs & rules)	How the internet is used; reliability of information online; intro to scams/fraud	Different jobs & skills; job stereotypes; setting personal goals	What makes a community; shared responsibilities
Nidderdale Y3/4	Positive relationships – family & friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences & similarities; discussing difference sensitively	Maintaining a balanced lifestyle; oral hygiene & dental care	Physical & emotional changes in puberty; naming of internal & external genitalia; PANTs (7-9)	Medicines & household products; drugs common to everyday life; vaccinations immunisations & allergies	How data is shared & used; age restrictions to spending online; loot boxes	Making decisions about money; using & keeping money safe including scams	The value of rules & laws; freedoms & responsibilities
Coverdale Y4/5	Managing friendships & peer influence; personal identity	Physical contact and feeling safe; managing conflict	Respecting differences in a wide range of people; recognising prejudice & discrimination	Healthy coping strategies; mental wellbeing	Physical & emotional changes in puberty; naming of internal & external genitalia; body autonomy; PANTs (9-11)	Keeping safe in different situations including emergencies; water safety (currents, cold water shock, float to live); basic first aid;	How information online is targeted; different media types – their roles & impact	Influences & attitudes to money; money & financial risk; fraud and gaming monetisation; subscriptions	Democracy; human rights; compassion towards others
Wensleydale & Wharfedale Y5/6	Relationships; civil partnerships & marriage; changing relationships	Recognising and managing pressure; consent in different situations	Challenging stereotypes; expressing opinions & respecting other points of view, including discussing topical issues	Healthy sleep habits: what affects mental health & ways to take care of it; loss & bereavement	Periods; Human reproduction & birth; increasing independence; consent & body autonomy. PANTs (9-11)	Keeping personal information safe; regulations & choices; drug use & the law; drug use & the media; safety & behaviour in public places	Evaluating media sources; sharing things online; data privacy & rights	Identifying job interests & aspirations; what influences career choices; workplace stereotypes	Nine protected characteristics; valuing diversity; challenging discrimination