

PSHE (including RSHE) at St Matthias - Curriculum Overview (New 2026)

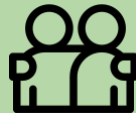
Intent: At St Matthias, our PSHE and RSHE curriculum is engaging, ambitious and relevant, equipping pupils with the age-appropriate knowledge, understanding and skills they need to thrive in an ever-changing world. Our curriculum reflects the needs of our school community and prepares pupils to make informed decisions, build positive and healthy relationships, recognise and manage risk, and know when and how to seek support.

Rooted in our Christian vision and values, we empower pupils to value themselves and others, demonstrating kindness, honesty, respect and compassion. We celebrate diversity, promote inclusion and foster an understanding of different beliefs, backgrounds and experiences, enabling pupils to contribute positively to modern Britain.

Through our curriculum, pupils develop confidence, resilience and strong moral character, enabling them to become active, responsible and respectful members of their families, school and wider community. We aspire for every child to flourish spiritually, morally, socially, emotionally, intellectually and physically, leaving St Matthias well prepared for the next stage of their education and for life beyond school

Our [progression of skills document](#) highlights progression between year groups. All learning is evidenced in our online floorbook.

Parents have the right to withdraw their child from non-statutory sex education contents. Letters must be sent out to parents at the end of Summer 1, so that parents are made aware of this. Lessons - Year 5: Conception; Year 6: Babies: Conception to Birth

	Autumn 1 Being me in my World 	Autumn 2 Celebrating Difference 	Spring 1 Dreams and Goals 	Spring 2 Healthy Me 	Summer 1 Relationships 	Summer 2 Changing Me 
EYFS	-Self-identity -Understanding feelings -Being in a classroom -Being gentle -Rights & responsibilities	-Identifying talents -Being special -Families -Where we live -Making friends -Standing up for yourself	-Challenges -Perseverance -Achieving and setting goals -Overcoming obstacles -Seeking help -Jobs	-Exercising bodies -Physical activity -Healthy food -Sleep -Keeping clean -Safety	-Family life -Friendships -Breaking friendships -Falling out -Dealing with bullying -Being a good friend	-Bodies -Respecting my body -Growing up -Growth and change -Fun and fears -Celebrations
Year 1	-Feeling special and safe -Being part of a class -Rights & responsibilities -Rewards & feeling proud -Consequences -The learning charter	-Similarities and differences -Understanding bullying and knowing how to deal with it -Making new friends -Celebrating the differences in everyone	-Setting goals - Identifying successes and achievements -Learning styles -Working well and celebrating achievement with a partner -Tackling new challenges -Identifying and overcoming obstacles -Feelings of success	-Keeping myself healthy -Healthier lifestyle choices -Keeping clean -Being safe -Medicine safety/ safety with household items -Road safety -Linking health and happiness	-Belonging to a family -Making friends/being a good friend -Physical contact preferences -People who help us -Qualities as a friend and person -Self-acknowledgement -Being a good friend to myself -Celebrating special relationships	-Life cycles – animal and human -Changes in me -Changes since being a baby -Differences between female and male bodies (correct terminology) - Linking growing and learning -Coping with change -Transition
Year 2	-Hopes and fears for the year -Rights and responsibilities -Rewards & consequences -Safe and fair learning environment	-Assumptions and stereotypes about gender -Understanding bullying -Standing up for self and others -Making new friends	-Achieving realistic goals -Staying healthy to achieve goals -Perseverance and strengths -Learning with others Group	-Motivation -Healthier choices -Healthy eating and nutrition -Safety in the home -Safety out and about -Medicines	-Different types of family -Physical contact boundaries -Friendship and conflict -Secrets Trust and appreciation	-Life cycles in nature -Growing from young to old - Increasing independence -Differences in female and male bodies (correct

	-Valuing contributions -Choices -Recognising feelings	-Celebrating difference and remaining friends	- co-operation -Contributing to and sharing success		-Expressing appreciation for special relationships	- terminology) -Assertiveness -Preparing for transition
Year 3	-Setting personal goals - Self-identity and worth -Positivity in challenges -Rules, rights & responsibilities -Rewards & consequences -Responsible choices -Seeing things from others' perspectives	- Families and their differences -Family conflict and how to manage it (child centred) -Witnessing bullying and how to solve it -Recognising how words can be hurtful -Giving and receiving compliments	-Difficult challenges and achieving success -Dreams and ambitions -Motivation and enthusiasm -Recognising and trying to overcome obstacles -Evaluating learning Processes -Contributing to the community -Managing feelings -Simple budgeting	-Exercise -Food labelling and healthy swaps -Attitudes towards drugs -Keeping safe online and online -Respect for myself and others -Healthy and safe choices outdoors -Water safety - Asking for help	-Family roles and responsibilities -Friendship and negotiation -Keeping safe online and who to go to for help -Media influence -Being a global citizen -How my choices affect others -Awareness of other children's different lives -Expressing appreciation for family and friends	-ow babies grow -Outside body changes -Inside body changes -Personal hygiene -Family stereotypes -Challenging my ideas -Preparing for transition
Year 4	-Being part of a class team - Being a school citizen -Rights, responsibilities and democracy (school council) -Rewards and consequences -Group decision-making -Having a voice - What motivates behaviour	-Challenging assumptions -Judging by appearance -Accepting self and others -Understanding influences -Understanding bullying -Problem-solving -Identifying how special and unique everyone is -First impressions	-Hopes and dreams -Overcoming disappointment -Creating new realistic dreams -Achieving goals -Working in a group -Celebrating contributions -Resilience Positive attitudes	-Healthier friendships -Peer influences -Railway safety -Staying safe with friends -Smoking -Alcohol and vaping -Assertiveness -Peer pressure -Celebrating inner strength	-Jealousy -Love and loss -Memories of loved ones - Getting and Falling Out -Girlfriends and Boyfriends - Showing appreciation to people and animals	-Being unique -Girls and puberty -Being part of a family -Confidence in change -Accepting change -Preparing for transition -Environmental change
Year 5	-Planning the year ahead -Being a citizen	-Cultural differences and how they can cause conflict	-Future dreams -Spending, saving and value of money	-Smoking including vaping -Alcohol and vaping	-Self-recognition/ self worth -Building self-esteem	-Self- and body image Influence of online and media on

	-Rights and responsibilities -Rewards and consequences -How behaviour affects groups -Democracy, having a voice, participating	-Racism -Rumours and name calling -Types of bullying -Materials wealth and happiness -Enjoying and respecting other cultures	-Jobs and careers -Dream job and how to get there -Goals in different cultures -Supporting others (charity) -Motivation	-Alcohol and anti-social behaviour -Emergency aid -Body image -Relationships with food -Healthy choices -Motivation and behaviour	-Safer online communities -Rights and responsibilities online -Online gaming and risks -Reducing screen time -Dangers of online grooming Internet safety rules	- body image -Puberty for girls -Puberty for boys - Conception (including IVF) -Growing responsibility -Coping with change -Preparing for transition
Year 6	-Identifying goals for the year -Global citizenship -Children's universal rights -Feeling welcome and valued -Choices, consequences and rewards -Group dynamics -Democracy, having a voice -Anti-social behaviour -Role-modelling	-Perceptions of normality -Understanding disability -Power struggles -Understanding bullying -Inclusion/exclusion -Differences as conflict, difference as celebration -Empathy	-Personal learning goals, in and out of school -Success criteria -Emotions in success -Making a difference in the world -Motivation -Recognising achievements -Compliments	-Taking personal responsibility -How substances affect the body -Exploitation including 'county lines' and gang culture -Emotional and mental health -Managing stress	-Mental health -Identifying mental health worries and sources of support -Love and loss -Managing feelings -Power and control -Assertiveness -Technology safety -Take responsibility with technology use	-Self-image -Body-image -Puberty and feelings - Conception to birth -Reflections about change -Physical attraction -Respect and consent -Boyfriends/girlfriends -Sexting -Transition