



Nacton Church of England Primary School

Subject Overview: PSHE and RSE 2026

Intent

Big Ideas: Happy, Healthy, Safe

At Nacton School we prioritise and promote the importance of the emotional and social needs of each our pupils on a class and individual basis. We strive to support and equip children with the knowledge, skills and attitudes that they require to navigate life in the 21st century, and negotiate the challenges and changes they will inevitably experience. We will give children with the skills and confidence to make informed choices now and in their futures, regarding their health, safety, wellbeing, relationships and financial matters. We want to empower children to become confident individuals who have a greater understanding of themselves, emotional and physically, so that they themselves and others, see their self-worth and their purpose in the school, local and wider community.

Implementation

All children are supported with individual needs and problems as they occur in everyday life, at home or at school. We will use our PSHE and RSE curriculum to encourage positive and open discussions about changes in their lives. In our discrete PSHE and RSE lessons, EYFS children will cover Self –Regulation, Building Relationships and Managing Self. In KS1 and 2, children will cover five areas of learning: Families and Relationships, Health and Wellbeing, Safety, Transition and the Changing Body, Citizenship and Economic Wellbeing. Each area is revisited each year to allow children to build on prior understanding and learning as their maturity grows. These areas of PSHE will cover topics ranging from friendships, changes to our bodies, life skills such as first aid and how people in the community care for each other. Additionally, the school also delivers nurture programs such as ELSA, THRIVE, Wellbeing Hubs which focus on the needs of particular children.

Our RSE lessons will be taught each summer term using plans endorsed and provided by the Ipswich and St Edmundsbury Diocese MAT. Parents are informed before the RSE lessons are taught, are given an overview of the content and an opportunity to view resources. In each cycle the children will be taught the lessons for their own year group. In addition to this Year 2, 4 and 6 pupils will also review the lessons from the previous year before starting the lessons intended for their own year group.

Impact

By the end of KS2, we expect that our scheme of learning, alongside individual support for some pupils, ensures that all children leave school with the ability to process and deal with change to their lives, bodies and emotions. We aim for children to be able to verbalise their feelings and resolve problems in an appropriate manner and be able to ask for help and support when needed. Additionally, we expect children to gain life skills that they can use to support themselves in later life, in areas such as hygiene, public speaking, team work, safety, job options, financial planning and much more.

PSHE Curriculum- topics							
Year Group		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS Cycle A	EYFS/Y1	My healthy self: How can we look after our emotions?	Connecting with others: How can I help myself and others feel happy and safe?	The online world: How do we spend time online?	Citizenship: How can I help others and the environment?	Health protection: How can I protect myself and others in daily life?	Staying safe: How can I stay safe?
EYFS Cycle B	EYFS/Y1	Self-regulation: My feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends	Managing self: My wellbeing
Year 2	2	My healthy self: How can we look after our bodies?	Connecting with others: How can I build safe, kind and caring relationships with others?	The online world: How can we stay safe online?	Citizenship: How do people belong to a community and earn money?	Growing up: How can we look after and respect our bodies as we grow?	Staying safe: How can I make safe choices in different places?
Year 3/4	A	My healthy self: How can I take care of my mind and body?	Citizenship: What rights and responsibilities do we have?	Health protection: How can we prevent illness and injury and respond if they happen?	My healthy self: How can I make healthy choices?	Citizenship: How can I spend money wisely?	
	B	Connecting with others: What helps us feel safe and included?	The online world: How should we communicate online?	Citizenship: What careers do people choose and why?	Staying safe: What signs help me recognise what is safe or unsafe?	Connecting with others: How can we respect each other?	The online world: How can we decide what to trust online?
Year 5/6	A	My healthy self: How can I support my mind and body as I grow?	Citizenship: How can we make a difference in our communities and beyond?	Growing up: How can I manage the changes to my body and emotions as I grow up?	My healthy self: How do my choices today shape my future health?	Citizenship: How can we protect everyone's rights?	
	B	Connecting with others: Why are healthy relationships important?	The online world: How am I influenced by what I see online?	Citizenship: How can we be in control of our money?	Connecting with others: What does it mean to stand up for myself and others?	The online world: How do I feel about the things I see online?	Staying safe: How can I stay safe as I grow up?

RSE Curriculum- The Changing Body	
Year Group	Topic

Reception	Friendship Forgiveness Families
Year 1	Differences Children growing and changing (dependence to independence) Types of families
Year 2	Gender stereotypes Male and females (life cycles) Male and female body parts
Year 3	Respect differences male/female Appropriate and inappropriate physical contact Different types of families and support
Year 4	Human lifecycle and basic puberty How puberty links to reproduction Respect and relationships
Year 5	Emotional and physical changes in puberty Male and female puberty changes Physical hygiene and support
Year 6	Puberty and reproduction Respect and relationships Starting a family Positive and negative communication in relationships