

Boney Hay Primary Academy



RSE and PSHE Development Plan

2024-2025

Academic year this summary covers	2024/25
Date this summary was published	October 2024
Date this summary will be reviewed	July 2025
Name of the school RSE/PSHE lead	D Paddock
Name of school leadership team member with responsibility for RSE/PSHE	D Paddock

This is a summary of how Boney Hay Primary Academy delivers RSE/PSHE education to all our pupils.

This information is to help pupils and parents or carers understand what our school offers and how we support our pupils' RSE/PSHE education.

Reception

Autumn	Spring	Summer
Self-Regulation: My Feelings Identifying my feelings	Managing Self: Taking on Challenges Why do we have rules?	Building Relationships: My Family and Friends Festivals
Self-Regulation: My Feelings Feelings Jars	Managing Self: Taking on Challenges Building Towers	Building Relationships: My Family and Friends Sharing
Self-Regulation: My Feelings Coping Strategies	Managing Self: Taking on Challenges Team Den Building	Building Relationships: My Family and Friends What makes a good friend?
Self-Regulation: My Feelings Describing Feelings	Managing Self: Taking on Challenges Grounding	Building Relationships: My Family and Friends Being a Good Friend
Self-Regulation: My Feelings Facial Expressions	Managing Self: Taking on Challenges Team Races	Building Relationships: My Family and Friends Teamwork
Self-Regulation: My Feelings Creating a Calm Corner	Managing Self: Taking on Challenges Circus Skills	Building Relationships: My Family and Friends Celebrating Friendships
Building Relationships: Special Relationships My Family	Self-Regulation: Listening and Following Instructions Simon Says	Managing Self: My Wellbeing What is exercise?
Building Relationships: Special Relationships Special People	Self-Regulation: Listening and Following Instructions Listening to a Story	Building Relationships: My Family and Friends Yoga and Relaxation
Building Relationships: Special Relationships Sharing	Self-Regulation: Listening and Following Instructions Pass the Whisper	Building Relationships: My Family and Friends Looking After Ourselves
Building Relationships: Special Relationships I Am Unique	Self-Regulation: Listening and Following Instructions Obstacle Race	Building Relationships: My Family and Friends Being a Safe Pedestrian
Building Relationships: Special Relationships My Interests	Self-Regulation: Listening and Following Instructions Blindfold Walk	Building Relationships: My Family and Friends Eating Healthily
Building Relationships: Special Relationships Similarities and Differences	Self-Regulation: Listening and Following Instructions Treasure Hunt	Building Relationships: My Family and Friends A Rainbow of Food

Year 1

Autumn	Spring	Summer
Setting Ground Rules for RSE and PSHE Lessons	Family and Relationships Sun Safety	Citizenship Caring for Others (Animals)
Family and Relationships What is family?	Family and Relationships Allergies	Citizenship The Needs of Others
Family and Relationships What are friendships?	Family and Relationships People Who Help Keep Us Healthy	Citizenship Similar, Yet Different
Family and Relationships Recognising Other People's Emotions	Safety and the Changing Body Adults In School	Citizenship Belonging
Family and Relationships Working with Others	Safety and the Changing Body Adults Outside School	Citizenship Democratic Decisions
Family and Relationships Friendship Problems	Safety and the Changing Body Getting Lost	Economic wellbeing What is money?
Family and Relationships Healthy Friendships	Safety and the Changing Body Making an Emergency Phone Call	Economic wellbeing Keeping Money safe
Health and Wellbeing Understanding My Emotions	Safety and the Changing Body Appropriate Contact	Economic wellbeing What is a bank?
Family and Relationships What am I like?	Safety and the Changing Body Safety with Substances	Economic wellbeing Saving and Spending
Family and Relationships Ready for Bed	Safety and the Changing Body Safety At Home	Economic wellbeing Jobs in School
Family and Relationships Relaxation	Safety and the Changing Body People Who Help Keep us Safe	Economic wellbeing Jobs Out of School
Family and Relationships Hand Washing and Personal Hygiene	Citizenship Rules	Transition to Year 2 Individual Strengths and New Skills

Year 2

Autumn	Spring	Summer
Setting Ground Rules for RSE and PSHE Lessons	Health and Wellbeing Looking After Our Teeth	Citizenship Our Local Environment
Family and Relationships Families Offer Stability and Love	Safety and the Changing Body Introduction to the Internet	Citizenship Jobs in Our Local Community
Family and Relationships Families Are All Different	Safety and the Changing Body Communicating Online	Citizenship Similar, Yet Different – My Local Community
Family and Relationships Other People’s Feelings	Safety and the Changing Body Secrets and Surprises	Citizenship School Council
Family and Relationships Unhappy friendships	Safety and the Changing Body Appropriate Contact: My Private Parts	Citizenship Giving My Opinion
Family and Relationships Introduction to Manners and Courtesy	Safety and the Changing Body My Personal Boundaries	Economic wellbeing Where does money come from?
Family and Relationships Change and Loss	Safety and the Changing Body Road Safety	Economic wellbeing Exploring Wants
Family and Relationships Gender Stereotypes: Careers and Jobs	Safety and the Changing Body Crossing Words Safely	Economic wellbeing Exploring Needs
Health and Wellbeing Experiencing Different Emotions	Safety and the Changing Body Staying Safe with Medicine	Economic wellbeing Bank Cards and Accounts
Health and Wellbeing Being Active	Citizenship Rules Beyond School	Economic wellbeing My Skills and Talents
Health and Wellbeing Relaxation: Breathing Exercise	Citizenship Our School Environment	Economic wellbeing Everyone is Welcome
Health and Wellbeing Steps to Success		Transition to Year 3 Change
Health and Wellbeing Developing a Growth Mindset		
Health and Wellbeing Healthy Diet		

Year 3

Autumn	Spring	Summer
Setting Ground Rules for RSE and PSHE Lessons	Health and Wellbeing Communicating My Feelings	Citizenship Recycling
Family and Relationships Healthy Families	Health and Wellbeing Diet and Dental Health	Citizenship Local Community Groups
Family and Relationships Friendship Conflict	Safety and the Changing Body First Aid: Emergencies and Calling for Help	Citizenship Charity
Family and Relationships Friendship Conflict versus Bullying	Safety and the Changing Body First Aid: Bites and Stings	Citizenship Local Democracy
Family and Relationships Effective Conversation	Safety and the Changing Body Be Kind Online	Citizenship Rules
Family and Relationships Learning Who to Trust	Safety and the Changing Body Cyberbullying	Economic wellbeing How do people pay for things?
Family and Relationships Respecting Differences in Others	Safety and the Changing Body Fake Emails	Economic wellbeing What does budgeting mean?
Family and Relationships Stereotyping Gender	Safety and the Changing Body Making Choices	Economic wellbeing How do people feel about money?
Health and Wellbeing My Healthy Diary	Safety and the Changing Body Influences	Economic wellbeing What happens when people spend money?
Health and Wellbeing Relaxation	Safety and the Changing Body Keeping Safe Out and About	Economic wellbeing What careers do people have?
Health and Wellbeing Wonderful Me	Citizenship Rights of the Child	Economic wellbeing Can anyone be anything?
Health and Wellbeing My Superpowers	Citizenship Rights and Responsibilities	Transition to Year 4 Coping Strategies
Health and Wellbeing Resilience Breaking Down Barriers		

Year 4

Autumn	Spring	Summer
Setting Ground Rules for RSE and PSHE Lessons	Health and Wellbeing My Happiness	Citizenship What are human rights?
Family and Relationships Respect and Manners	Health and Wellbeing Emotions	Citizenship Caring for the Environment
Family and Relationships Healthy Friendships	Health and Wellbeing Mental Health	Citizenship Community
Family and Relationships How My Behaviour Affects Others	Safety and the Changing Body Internet Safety: Age restrictions	Citizenship Contributing
Family and Relationships Bullying	Safety and the Changing Body Share Aware	Citizenship Diverse Communities
Family and Relationships Stereotypes: Gender	Safety and the Changing Body First Aid: Asthma	Economic wellbeing Local Councillors
Family and Relationships Stereotypes: Disability	Safety and the Changing Body Privacy and Secrecy	Economic wellbeing What is value for money?
Family and Relationships Families in the Wider World	Safety and the Changing Body Consuming Information Online	Economic wellbeing Why keep track of money?
Family and Relationships Change and Loss	Safety and the Changing Body Growing Up	Economic wellbeing What ways are there to look after money?
Health and Wellbeing Looking After Our Teeth	Safety and the Changing Body Introducing Puberty	Economic wellbeing What influences career choices?
Health and Wellbeing Relaxation: Visualisation	Safety and the Changing Body Tobacco	Economic wellbeing Why make a career change?
Health and Wellbeing Celebrating Mistakes		Transition to Year 5 Setting Goals
Health and Wellbeing Meaning and Purpose: My Role		

Year 5

Autumn	Spring	Summer
Setting Ground Rules for RSE and PSHE Lessons	Health and Wellbeing Taking Responsibility for my Feelings	Citizenship Protecting the Planet
Family and Relationships Build a friend	Health and Wellbeing Healthy Meals	Citizenship Contributing to the Community
Family and Relationships Friendship Skills	Health and Wellbeing Sun Safety	Citizenship Pressure Groups
Family and Relationships Marriage	Safety and the Changing Body Online Friendships	Citizenship Parliament
Family and Relationships Respecting Myself	Safety and the Changing Body Staying Safe Online	Economic wellbeing Why prioritise needs over wants?
Family and Relationships Family Life	Safety and the Changing Body Puberty	Economic wellbeing What is a weekly budget?
Family and Relationships Bullying	Safety and the Changing Body Menstruation	Economic wellbeing What is borrowing and loaning?
Family and Relationships Stereotyping: Gender	Safety and the Changing Body Emotional Changes in Puberty	Economic wellbeing What are the risks of handling money online?
Family and Relationships Stereotypes: Race and Religion	Safety and the Changing Body First Aid: Bleeding and Head Injuries	Economic wellbeing Why challenge workplace stereotypes?
Health and Wellbeing Relaxation: Yoga	Safety and the Changing Body Alcohol, Drugs and Tobacco: Making Decisions	Economic wellbeing What makes a suitable career?
Health and Wellbeing The Importance of Rest	Citizenship Breaking the Law	Transition to Year 6 Roles and Responsibilities
Health and Wellbeing Embracing Failure	Citizenship Rights and Responsibilities	
Health and Wellbeing Going for Goals		

Year 6

Autumn	Spring	Summer
Setting Ground Rules for RSE and PSHE Lessons	Health and Wellbeing Good and Bad Habits	Citizenship Caring for Others
Family and Relationships Respect	Health and Wellbeing Physical Health Concerns	Citizenship Prejudice and Discrimination
Family and Relationships Respectful Relationships	Safety and the Changing Body Alcohol	Citizenship Valuing Diversity
Family and Relationships Stereotypes: Attitudes	Safety and the Changing Body Critical Digital Consumers	Citizenship National Democracy
Family and Relationships Challenging Stereotypes	Safety and the Changing Body Social Media	Economic wellbeing How do people navigate their feelings about money?
Family and Relationships Resolving Conflict	Safety and the Changing Body Physical and Emotional Changes of Puberty	Economic wellbeing How do people keep money safe?
Family and Relationships Change and Loss	Safety and the Changing Body First Aid: Choking	Economic wellbeing What money responsibilities are there in secondary school?
Health and Wellbeing What can I be?	Safety and the Changing Body First Aid: Basic Life Support	Economic wellbeing What are the risks of gambling?
Health and Wellbeing Relaxation: Mindfulness	Citizenship Human Rights	Economic wellbeing What is a workplace?
Health and Wellbeing Taking Responsibility for My Health	Citizenship Food Choices and the Environment	Economic wellbeing What career routes are there?
Health and Wellbeing The Impact of technology on Health		Transition to High School Dealing With Change
Health and Wellbeing Resilience Toolbox		
Health and Wellbeing Immunisation		