



Dear Parent /Carer

As part of your child’s education at The Greens-ENS we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic Education programme; this is known as PSHE. Personal Development is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives. RSE Relationships and Sex education is also an important part of the curriculum. (Please see our website for all policy details)

Below are the topics we cover during KS1 and KS2 through our PSHE and RSE programme.

- Families and friends,
- Safe relationships,
- Respecting others,
- Belonging to a community,
- Media and digital resilience,
- Money and work,
- Physical and mental well-being,
- Growing and changing and keeping safe.

Primary PSHE education | Long-term overview

Early years foundation stage: For guidance and resources to support foundational learning before key stage 1, see our growing range of [EYF5 materials](#).

Statutory RSHE

Statutory RSHE

Economic Wellbeing & Careers

Economic Wellbeing & Careers

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Making friends: playing and learning together	Mental health and wellbeing	Celebrating me, you and our families	Safety at home	Being healthy	Showing kindness to ourselves and others
Year 2	Mental health and wellbeing	Keeping safe online	Me, my body and staying safe	Money and work	Safety outside the home	Looking back and moving on
Year 3	Me, my friends and belonging	Mental health and wellbeing	Building healthy habits	Making choices online	Keeping safe out and about	Looking out for each other
Year 4	Mental health and wellbeing	Exploring ways to manage risk	Forming respectful relationships	Money matters and news literacy	Me, my body and growing up	Families and growing together
Year 5	Friendships, stereotypes and bullying	Mental health and wellbeing	Positively engaging with our world	Respecting boundaries	Safe connections online	Embedding healthy habits and learning first aid
Year 6	Mental health and wellbeing	Managing money and online spending	Changes in puberty (and sex education)	Drug education: assessing risk and managing influences	Developing our AI literacy	Looking to the future

We build upon the learning from KS1 and KS2 to develop our understanding of the following topics during KS3.

- Health and well being
- Living in the wider world
- Relationships

Secondary PSHE education | Long-term overview

Statutory RSHE

Statutory RSHE

Economic Wellbeing & Careers

Economic Wellbeing & Careers

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Emotional wellbeing: managing change and transition	Friendship and bullying	Families and changing relationships	Puberty and keeping safe	Influences on relationships	Financial decisions
Year 8	Health and wellbeing	Personal safety and managing risk	Belonging and community	The online world	Healthy and unhealthy relationships	Managing money
Year 9	Mental health and wellbeing	Careers and future choices	Drug education	Managing risk in relation to the law	Intimate sexual relationships	Navigating online harms
Year 10	Independence, health choices and wellbeing	Navigating the online world	Friendship, diversity and challenging extremism	Managing influence	Exploring consent and recognising abuse	Study, work and careers
Year 11	Life-long wellbeing	Drugs and personal safety	Safe relationships and sexual health	Families, fertility and pregnancy	Online financial harms	

Personal Development is taught throughout the school in every year group and is monitored closely by staff to ensure the content is age appropriate for pupils. Lessons are reviewed regularly by the staff and governing body. All Personal Development teaching takes place in a safe learning environment is underpinned by our school ethos and values.

As a school community, we are committed to working in partnership with parents and are grateful for any feedback regarding the delivery of our PSHE curriculum.

If you would like to find out more or discuss any concerns, please don't hesitate to contact me or the Senior Leadership Team with regards to the Relationships, Sex and Health Education curriculum.

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