Great Finborough Church Primary School

RSHE Curriculum Lesson Overview

NB: Our RSHE & PSHE Curriculum has been updated to reflect the changes required by the DfE from the Autumn Term 2026.

Lower Key-Stage 2

There are 12 RSHE units & 4 PSHE (Living in the Wider World) units of work across the two years (Year 3 & Year 4 – Sycamore Class).

Me, my friends and belonging	Mental health and wellbeing (1)	Building healthy habits	Making choices online	Keeping safe out and about	Looking out for each other
This unit explores themes of friendship and respect. Pupils learn about healthy friendships and ways to make others feel included.	This unit develops and builds the pupils' bank of self-regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries.	This unit of work develops pupils' understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity.	This unit of learning explores how to protect information online and make choices about online content, including understanding age ratings.	This unit supports pupils to identify risk and keep safe in the sun, as well as around railways and water.	This unit explores the basics of first aid and revisits how to make an efficient call to the emergency services.
University of Greenwich: Our Class – KS2 L1: Ground rules and meeting 'Our Class' L2: Friendships change L3: When should you keep a secret and what makes a good friendship L4: Making new friendships L5: Recognising healthy and unhealthy friendships	Foundations for Wellbeing – Y3 L1: Exploring emotions L2: Understanding distraction L3: Managing thoughts and emotions L4: Managing worries L5: Managing responses	Food for thought – KS2 L1: Healthier eating and drinking habits L2: Healthier eating – choices and influences L3: Ready, set, cook! Dental health – KS2 L1: Exploring dental health Physical activity – KS2 L1: Active every day	NSCS: CyberSprinters – KS2 L1: Creating and managing passwords L2: Protecting your devices BBFC: Let's watch a film – KS2 L1: What can we watch? L2: Can we choose what to watch?	Keeping safe: Sun safety – KS2 L1: Managing risk in the sun Road and rail safety – KS2 L4: Risks and keeping safe Environment agency: Water safety – KS2 L1: Canals and rivers L2: Flood alert!	St John Ambulance: First aid – KS2* L1: Allergies L4: Bites and stings L7: Calling for help

Forming respectful friendships	Exploring ways to manage risks	Mental health and wellbeing (2)	Me, my body and growing up	Families and growing together	Money matters and news literacy
This unit supports pupils to respond opportunity to conflicts and bullying, and to understand the importance of respect.	This unit explores assessing and managing risk in different contexts, and the role that peer influence can play in personal safety.	This unit develops and builds the pupils' bank of self-regulation strategies and provides the opportunity to apply them in new contexts, such as change, loss and grief.	This unit focuses on the physical and emotional changes experienced during puberty, and builds pupils' confidence in using the Talk PANTS rule to keep safe.	This unit supports pupils' understanding of diverse family structures, and how families can change.	This unit explores how attitudes and influences can impact decisions about money. It encourages pupils to critically engage with news stories and recognise how they might affect emotions.
Personal identity – KS2 L1: Personal identity Friendship and bullying – Y3-4 L1: Valuing friendships L2: Friendship challenges L3: What is bullying Belonging and community – Y3-4 L2: Belonging to a community	Firework safety – KS2 L1: Firework safety Keeping safe at home – KS2 L1: Keeping safe at home Road and rail safety – KS2 L3: Independently crossing the road Exploring risk in relation to gambling – KS2 L1: Exploring risk Drug education – Y3-4 L1: Medicines and household products L2: Smoking, vaping and alcohol	Foundations for Wellbeing – Y4 L1: Describing emotions L2: Understanding internal and external distractions L3: Exploring different thinking habits L4: Different ways to manage worries L5: Strategies for calm Change, loss and grief – Y3-4 L2: How do people manage change and loss?	Foundations for Wellbeing – Y4 L1: Describing emotions L2: Understanding internal and external distractions L3: Exploring different thinking habits L4: Different ways to manage worries L5: Strategies for calm Change, loss and grief – Y3-4 L2: How do people manage change and loss?	Families – KS2 L1: Family relationships L2: Diverse families L3: Family changes Committed relationships and family life – KS2 L1: Marriage and partnership	Money and wellbeing – Y4 L1: How money is used L2: Making decisions about money Guardian Foundation: NewsWise – ages 7-9 L4: How news affects feelings L6: Fake or real news? L7: Questioning images in the news

PSHE (Living in the Wider World)		
One World (1)	**Change Maker Day (Before Easter)**	**Diverse Britain (1)**
This unit is based on a case study of a fictional girl who lives in an African country. The children will explore different aspects of her life in each lesson. It is inspired by the idea that people's life and experiences and opportunities differ throughout the world and that our actions can have both positive and harmful effects on people living in different countries. It aims to enable the children to explore the concepts of inequality and stereotypes and encourages them to reflect on what they can do to help make the world a fairer place. In this unit, children also learn about climate change and its effects, fair trading practices and organisations that help. They will also learn about being a good global citizen. **Focus** Africa	Year 3 & 4 children are provided with the opportunity to participate in the annual Change Maker Day organised by Year 5 & 6 which enables them to learn about the work of a wide range of charities and voluntary groups who support others.	This unit is inspired by the idea that we live in a diverse, multicultural community and democratic society and that this is important and brings many benefits. It aims to enable the children to identify that they should be respectful of differences. In this unit, children learn about people from the United Kingdom, their rules, the law, liberty and what living in a democracy means. They also learn about the importance of being tolerant of differences within their society and that these differences are something to cherish and celebrate. **Focus** Living in the United Kingdom, democracy, rules, laws and responsibilities, liberty and tolerance and respect.
One World (2)	**Change Maker Day (Before Easter)**	**Diverse Britain (2)**
This unit is based on a case study of a fictional boy who lives in an Arctic community. The children will explore different aspects of his life in each lesson. It is inspired by the idea that people's life and experiences and opportunities differ throughout the world and that our actions can have both positive and harmful effects on people living in different countries. It aims to enable the children to explore the concepts of how the changing artic is threatening the communities who live there, how they can protect artic livelihoods and the unique ecosystems that are under threat. It encourages them to reflect on what they can do to help make the world a fairer place. In this unit, children also learn about being a good global citizen.	Year 3 & 4 children are provided with the opportunity to participate in the annual Change Maker Day organised by Year 5 & 6 which enables them to learn about the work of a wide range of charities and voluntary groups who support others.	This unit is inspired by the idea that we live in a diverse, multicultural community and democratic society and that this is important and brings many benefits. It aims to enable the children to identify that they should be respectful of differences. In this unit, children learn about people from the United Kingdom, their rules, the law, liberty and what living in a democracy means. They also learn about the importance of being tolerant of differences within their society and that these differences are something to cherish and celebrate. **Focus** What does it mean to be British? What are British values and why are they important?

Focus Artic Communities (Including indigenous communities) and the work of the charity WWF.		

If you would like to see the resources used during the lessons, please make an appointment, via the school office admin@finboroughprimary.co.uk ,to see Mr Dodd (Headteacher/ RSHE & PSHE Lead) and he will be happy to talk through the resources with you.