



Geography Curriculum Overview

Intent

Our vision for the primary PSHE curriculum is to cultivate an understanding of relationships, well-being, and safety, empowering pupils to navigate the complexities of modern life. We aim to nurture insightful young minds who can explore their emotions, develop empathy, and make informed choices, laying the foundation for responsible citizenship.

Guided by the principles of care and respect, our curriculum encourages pupils to appreciate the importance of supportive relationships and the role they play in personal growth. Through engaging topics covering families, friendships, and online safety, we provide a safe space for children to express their feelings and reflect on their values.

Our PSHE programme fosters an environment where pupils learn to communicate effectively, resolve conflicts, and seek help when needed, reinforcing the importance of mental health and emotional literacy. By promoting a sense of belonging and community, we empower pupils to collaborate with one another and support their peers.

Key objectives of our PSHE programme include:

- **Understanding Relationships:** Enable pupils to identify and build healthy relationships through respect, trust, and communication.
- **Emotional Well-being:** Encourage children to recognise their emotions and develop strategies for managing stress and anxiety.
- **Respectful Behaviour:** Foster an understanding of respectful relationships, including how to treat others with kindness and empathy.
- **Safety Awareness:** Teach pupils the importance of staying safe, both online and offline, and how to identify trusted adults for support.
- **Life Skills:** Equip pupils with the skills to navigate challenges, make informed decisions, and embrace the diversity of their community.
- **Active Citizenship:** Inspire pupils to engage in their community, demonstrating responsibility through acts of kindness and service to others.

Implementation and Curriculum Overview

We follow the [Relationships Matter](#) Curriculum to ensure full coverage of all the objectives. Units are repeated each year but the focus for the Progressions will change as the cohorts change. This means that learning is ensured by revisiting key concepts and adapting prior knowledge to new scenarios as the children move through each key stage.

The units are divided into progressions. This gives each section a flexible period of time over which the objectives can be learnt and embedded.

Relationships Matter Outcomes and Key Concepts for Key Stage 1

Unit 1: Families and people who care for me

Progression

Pupils will learn:

Key concepts

Progression 1: What is a family?	<ul style="list-style-type: none">• What a family is• How families show love and care for each other• Why it is important to spend time together as a family	That families support and care for one another and that caring and nurturing in families is born out of love for one another
Progression 2: Caring relationships – parents	<ul style="list-style-type: none">• How families support and care for one another• The role of parents	How families support and care for one another, the role of parents in the nurture and care of children in the family
Progression 3: What is marriage?	<ul style="list-style-type: none">• What happens in a typical wedding• To understand what marriage is	Understanding that marriage involves a couple making promises of lifelong commitment that are recognised in law

Unit 2: Caring friendships

Progression 1: Best friends	<ul style="list-style-type: none">• To understand the different characteristics of friendships and give examples of good friendship qualities	Understanding the characteristics of good friendships
Progression 2: When friends fall out	<ul style="list-style-type: none">• To understand that friendships can have ups and downs• How to sort out differences with friends	That friendships have ups and downs, how to repair and strengthen friendships
Progression 3: How to get help	<ul style="list-style-type: none">• To understand that sometimes friendships can make them feel uncomfortable• That they can talk to a trusted adult if they need help in sorting out friendship issues	How to get help when friendships are in trouble

Unit 3: Respectful relationships

Progression 1: Courtesy and manners	<ul style="list-style-type: none">• To understand and give examples of courtesy and good manners.	The importance of courtesy and good manners and how to show these qualities
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Progression 2: What is bullying?	<ul style="list-style-type: none"> To understand what bullying is and what it is not. How to get help if they, or others, are being bullied. 	The nature and impact of bullying and how to get help
Progression 3: Respect for others including those in authority	<ul style="list-style-type: none"> To understand how to show respect to others To understand what 'being in authority' means To understand that those people who have positions of authority have a duty of care 	Understanding respect and how it is shown. Respect for those in positions of authority

Relationships Matter Outcomes and Key Concepts for Key Stage 1

Unit 4: Online relationships

Progression

Pupils will learn:

Key concepts

Progression 1: Staying safe online	<ul style="list-style-type: none"> To understand some of the rules for keeping safe online 	The importance of staying safe online and how to achieve this
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Unit 5: Being safe

Progression 1: Keeping healthy and safe	<ul style="list-style-type: none"> To understand that they are unique, that their bodies belong to them, and they need to keep healthy and safe How and where to get help if they feel unsure or unsafe (about anything) Know who their trusted adults are 	How to keep healthy and safe and how to get help if children feel unsafe
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Relationships Matter Outcomes and Key Concepts for Key Stage 2

Unit 1: Families and people who care for me

Progression	Pupils will:	Key concepts
Progression 1: Characteristics of a healthy family	<ul style="list-style-type: none"> Develop their understanding of what characterises a healthy family 	The importance of families. The qualities of healthy family life
Progression 2: Respecting parents and carers	<ul style="list-style-type: none"> Continue to develop their understanding of what characterises a healthy family including respect for parents 	Characteristics of a healthy family life including respect for parents
Progression 3: Marriage	<ul style="list-style-type: none"> Understand why people decide to get married. Understand the wedding vows. Understand that marriage is intended to be a lifelong commitment. 	An understanding of the promises and meaning of marriage
Progression 4: Marriage (continued)	<ul style="list-style-type: none"> Understand why people decide to get married. Understand the wedding vows. Understand that marriage is intended to be a lifelong commitment. 	Further understanding of the meaning and commitment of marriage

Unit 2: Caring friendships

Progression 1: Characteristics of friendships	<ul style="list-style-type: none"> Understand the different characteristics of friendships and give examples of good friendship qualities 	The characteristics of good friendships
Progression 2: Characteristics of friendships (continued)	<ul style="list-style-type: none"> Understand the characteristics of good friendships Be able to explain how friends support them with problems and difficulties & how sharing interests and experiences is important to build strong friendships 	The positive outcomes of good friendships
Progression 3: Self-centred v other-person centred	<ul style="list-style-type: none"> Build on their understanding of what a healthy friendship is Define the two terms of loneliness and exclusion Avoid causing others to feel lonely or excluded 	Considering the feelings of others and how to avoid making others feel lonely or excluded
Progression 4: When a friendship feels uncomfortable	<ul style="list-style-type: none"> Recognise when friendships are unhealthy and how to resolve difficulties, if necessary, by asking for help 	Recognising unhealthy friendships, managing conflict and how to ask for help



Relationships Matter Outcomes and Key Concepts for Key Stage 2

Unit 3: Respectful relationships

Progression	Pupils will:	Key concepts
Progression 1: Courtesy and self-respect	<ul style="list-style-type: none"> Learn the importance of courtesy and how their actions impact on others Learn the importance of self-respect and how this links to their own happiness 	The importance of self-respect , courtesy and respect for others
Progression 2: Respecting others without prejudice or discriminations	<ul style="list-style-type: none"> Understand the importance of respecting others without prejudice or discrimination Understand what a stereotype is 	Understanding what bullying is and how to get help
Progression 3: Respect for those in authority	<ul style="list-style-type: none"> Understand what it means to respect others in school and in wider society Understand authority and why it is important to show respect to those in authority 	Understanding authority and why pupils (we?) should respect those in positions of authority

Unit 4: Online relationships

Progression 1: Staying safe online (part 2)	<ul style="list-style-type: none"> Learn how to stay safe online Recognise risks, harmful content and contact online, and how to report them 	Achieving online safety and recognising online risks
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Unit 5: Being safe

Progression 1: Contact with others	<ul style="list-style-type: none"> Learn the different types of contact including safe, unsafe and unwanted Learn that their body belongs to them Learn how to seek help and ask for advice for themselves or others 	Understanding safe and unsafe contact and how to get help if needed
Progression 2: Privacy and secrets	<ul style="list-style-type: none"> Learn about keeping themselves safe Learn about the concept of privacy Learn that it is not always right to keep secrets if they relate to being safe Learn how and where to get help 	Understanding privacy and safe and unsafe secrets and how to get help if unsure