Gothic Mede Academy PSHE & RSE Curriculum – 2026-2027

At Gothic Mede Academy, we believe that Personal, Social, Health and Economic (PSHE) education and Relationships and Sex Education (RSE) are important and integral parts of every pupil's education. They support children in developing the knowledge, skills and understanding they need to lead healthy, safe and fulfilling lives.

Our PSHE and RSE curriculum is based on the Kapow Primary scheme of learning, which reflects statutory requirements and draws on guidance from the PSHE Association. Through a carefully planned programme, pupils build their understanding of themselves, their relationships with others and the wider world as they progress through the school.

Key Areas of Learning

Our PSHE and RSE curriculum, based on the Kapow Primary scheme, is organised into seven key areas of learning. These provide pupils with the knowledge, skills and understanding they need to support their wellbeing, develop positive relationships and make safe and informed choices as they grow.

- **My Healthy Self** – Learning how to look after their mental and physical health and make choices that support their wellbeing.
- **Connecting with Others** – Learning how to build positive relationships, communicate respectfully and understand kindness and personal boundaries.
- **The Online World** – Learning how to use the internet safely, recognise risks and behave responsibly online.
- **Citizenship (Non-Statutory)** – Learning about communities, rights and responsibilities, diversity, fairness and financial literacy.
- **Staying Safe** – Learning how to recognise risks, respond safely in different situations and seek help when needed.
- **Growing Up** – Learning about the physical and emotional changes that happen as they grow, including puberty and developing bodies.
- **Health Protection** – Learning how to prevent illness, understand basic first aid and recognise the importance of hygiene, vaccinations and healthy habits.

The curriculum map below outlines the key areas of learning and topics covered in each year group across the autumn, spring and summer terms.

	Autumn	Spring	Summer
Reception	**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 1	**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?
Year 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	**My healthy self:** How can I take care of my mind and body? **Connecting with others:** What helps us feel safe and included?	**The online world:** How should we communicate online? **Citizenship:** What rights and responsibilities do we have?	**Health protection:** How can we prevent illness and injury and respond if they happen? **Citizenship:** What careers do people choose and why?
Year 4	**My healthy self:** How can I make healthy choices? **Connecting with others:** How can we respect each other?	**The online world:** How can we decide what to trust online? **Citizenship:** How can I spend money responsibly?	**Growing up:** How will my body and emotions change as I grow up? **Staying safe:** What signs help me recognise what is safe or unsafe?

Purpose of study

At Gothic Mede Academy, our PSHE and RSE curriculum aims to support pupils in developing the knowledge, skills and understanding they need to maintain their mental and physical health and wellbeing. Following the Kapow Primary scheme, our curriculum is carefully planned and sequenced to help pupils build healthy and supportive relationships, keep themselves safe and make informed decisions about their health, money and the online world. Through clear, accurate and age-appropriate teaching, we aim to equip all pupils with the confidence and resilience to navigate the challenges of growing up and make safe, positive choices both now and in the future.

Attainment and Pupil Outcomes

At Gothic Mede Academy, we recognise that attainment in PSHE and RSE goes beyond recalling knowledge and demonstrating skills. Our curriculum aims to develop pupils' confidence, wellbeing and ability to make positive choices and build healthy relationships in everyday life. Through a carefully sequenced programme of learning, pupils develop their understanding over time, applying their knowledge and skills in their everyday interactions, choices and behaviour.