

At Hady Primary School, we deliver RSHE (PSHE and RSE) through the Derbyshire County Council PSHE Matters Programme: A PSHE Curriculum for Primary Schools. This is a spiral programme for teaching PSHE across the school. PSHE Matters includes the statutory Relationship and Health Education, and non-statutory Sex Education.

The school curriculum focuses on the core learning themes from the Derbyshire County Council PSHE Matters Programme.

The 12 modules are:

1. Drug Education - including how to manage risk and peer influences
2. Exploring Emotions - including how to recognise and manage feelings and emotions
3. Being Healthy - including the importance of looking after our mental health
4. Growing up - including the Sex Education element
5. Changes - including loss
6. Bullying Matters - including how to ask for help
7. Being Me - including identity and community
8. Difference and Diversity - including challenging stereotypes
9. Being Responsible - including looking after the environment
10. Being Safe - particularly featuring cyber, gaming and CSE
11. Relationships - including what is a healthy relationship
12. Money Matters - including enterprise

RSHE Overview - Cycle A and Cycle B Years 1 - 6

From Years 1 - 6, the 12 RSHE modules are taught on a two-year rolling programme.

Cycle A	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
	Being Me	Money Matters	Being Responsible	Being Safe	Being Healthy	Drug Education
Cycle B	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
	Exploring Emotions	Bullying Matters	Diversity Matters	Relationships Matters	Changes	Growing Up