



You may be wondering exactly how Rock Kidz Online covers each area of the Primary School PSHE curriculum. Here's a breakdown of how each Rock Kidz Online topic relates directly to the three core themes of the PSHE curriculum.

The three core themes of the PSHE curriculum are:

1. **Health and Wellbeing**
2. **Relationships**
3. **Living in the Wider World**

Topic 1: Cool To Be Me (4 Sessions)	Core PSHE Theme: Health and Well being
Key Points:	<ul style="list-style-type: none"> - Maintaining positive mental health - How to develop strong self-esteem - Creating a resilient mindset - Promoting a healthy lifestyle - Managing risks to mental and emotional health - Identify difference influences on health and well being - Understanding that each of us has a purpose and value in the world
Topic 2: Stronger Together (4 Sessions)	Core PSHE Theme: Relationships / Living in the Wider World
Key Points:	<ul style="list-style-type: none"> - How to develop and maintain a variety of relationships - How recognise and manage emotions within relationships - Responding to negative relationships - How to respect equality and diversity in relationships - Promoting different ways to love your friends and family - How to work as part of a team - Respect for others and the importance of responsible actions
Topic 3: Hey Mr Bully (4 Sessions)	Core PSHE Theme: Relationships
Key Points:	<ul style="list-style-type: none"> - What is bullying? How to we recognise it? - How should we respond to being bullied? - How to develop and maintain a variety of relationships - How to develop resilience - How to stand up for others who are being bullied
Topic 4: Don't Quit (4 Sessions)	Core PSHE Theme: Health and Wellbeing
Key Points:	<ul style="list-style-type: none"> - What does it mean to be resilient and never give up? - Having dreams and aspirations in life - Growth mindset - How to manage risks to emotional health and wellbeing - Maintaining positive mental health - How to make good choices about your personal health and wellbeing - A basic understanding of enterprise

Topic 5: Nobody Like Me (4 Sessions)	Core PSHE Theme: Health and Wellbeing
Key Points:	<ul style="list-style-type: none"> - Promoting a resilient mindset - How to develop positive mental health - Maintaining positive self-esteem - Not giving in to peer pressure - Promoting a healthy lifestyle - Managing risks to mental and emotional health - Identify difference influences on health and well being

Topic 6: Respect You (4 Sessions)	Core PSHE Theme: Living in the Wider World / Relationships
Key Points:	<ul style="list-style-type: none"> - How to develop and maintain a variety of relationships - How to respect equality and diversity in relationships - What does the word 'culture' mean? - Learning about different groups and cultures - What is racism? - Protecting the environment

Topic 7: Taking Bullying Down (4 Sessions)	Core PSHE Theme: Relationships
Key Points:	<ul style="list-style-type: none"> - How to develop and maintain a variety of relationships - How to develop resilience - The Rock Kidz Team share personal stories about bullying - What is bullying? How to we recognise it? - How should we respond to being bullied?

Topic 8: Nothing's Gonna Keep Me Down (4 Sessions)	Core PSHE Theme: Health and Wellbeing
Key Points:	<ul style="list-style-type: none"> - What does it mean to be resilient and never give up? - Having dreams and aspirations in life - Growth mindset - How to manage risks to emotional health and wellbeing - Maintaining positive mental health - A basic understanding of enterprise