



PSHE and RSHE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and My Relationships	Valuing Differences	Keeping Myself Safe	Rights and Responsibilities	Being My Best	Growing and Changing
EYFS	All about me What makes me special Me and my special people Who can help me? My feelings	I'm special, you're special Same and different Same and different families Same and different homes Being kind and caring	What's safe to go onto my body Keeping Myself Safe - What's safe to go into my body (including medicines) Safe indoors and outdoors Listening to my feelings (1) Keeping safe online People who help to keep me safe	Looking after my special people Looking after my friends Being helpful at home and caring for our classroom Caring for our world Looking after money (1): recognising, spending, using Looking after money (2): saving money and keeping it safe	Bouncing back when things go wrong Yes, I can! Healthy eating (1) Healthy eating (2) Move your body A good night's sleep	Seasons Life stages - plants, animals, humans Life Stages: Human life stage - who will I be? Where do babies come from? Getting bigger Me and my body - girls and boys
Year 1	Why we have classroom rules Thinking about feelings Our feelings Feelings and bodies	Same or different? Unkind, tease or bully? Harold's school rules Who are our special people?	Healthy me Super sleep Who can help? (1) Harold loses Geoffrey What could Harold do?	Harold's wash and brush up Around and about the school Taking care of something Harold's money	I can eat a rainbow Eat well Catch it! Bin it! Kill it! Harold learns to ride his bike	Inside my wonderful body! Taking care of a baby Then and now Who can help? (2)



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	Our special people balloons Good friends How are you listening?	It's not fair!	Good or bad touches? Sharing pictures	How should we look after our money? Basic first aid	Pass on the praise! Harold has a bad day	Surprises and secrets Keeping privates private
Year 2	Our ideal classroom How are you feeling today? Bullying or teasing? Don't do that! Types of bullying Being a good friend Let's all be happy!	What makes us who we are? How do we make others feel? My special people When someone is feeling left out An act of kindness Solve the problem	Harold's picnic How safe would you feel? What should Harold say? I don't like that! Fun or not? Should I tell? Some secrets should never be kept	Getting on with others When I feel like erupting Feeling safe How can we look after our environment? Harold saves for something special Harold goes camping Playing games	You can do it! My day Harold's postcard - helping us to keep clean and healthy Harold's bathroom My body needs... What does my body do?	A helping hand Sam moves away Haven't you grown! My body, your body Respecting privacy Basic first aid
Year 3	As a rule My special pet Tangram team challenge Looking after our special people How can we solve this problem?	Family and friends My community Respect and challenge Our friends and neighbours Let's celebrate our differences	Safe or unsafe? Danger or risk? The Risk Robot Alcohol and cigarettes: the facts Super Searcher None of your business!	Our helpful volunteers Helping each other to stay safe Recount task Harold's environment project Can Harold afford it?	Derek cooks dinner! (healthy eating) Poorly Harold For or against? I am fantastic! Getting on with your nerves!	Relationship Tree Body space Secret or surprise? My changing body Basic first aid



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	Dan's dare Considering others points of view Friends are special	Bullying	Assessing Risks Help or harm?	Earning money	Body team work Top talents	
Year 4	Good and not so good feelings Ok or not ok? (part 1) Ok or not ok? (part 2) Human machines Different feelings When feelings change Under pressure	Can you sort it? Personal space Friend or acquaintance? What would I do? The people we share our world with That is such a stereotype!	Danger, risk or hazard? Picture Wise How dare you! Medicines: check the label Know the norms Keeping ourselves safe	Who helps us stay healthy and safe? It's your right How do we make a difference? In the news! Safety in numbers Environmental organisations Harold's expenses Why pay taxes?	What makes me ME! Making choices SCARF Hotel Harold's Seven Rs My school community (1) Basic first aid	Moving house My feelings are all over the place! All change! Period positive Secret or surprise? Marriage
Year 5	Collaboration Give and take How good a friend are you? Relationship cake recipe	Qualities of friendship Kind conversations Happy being me Having a diverse society Is it true?	'Thinking' about habits Risks Spot bullying Ella's diary dilemma Decision dilemmas	Debating topical issues Fact or opinion? Rights, responsibilities and duties Mo makes a difference	Getting fit It all adds up! Different skills My school community (2)	How are they feeling? Taking notice of our feelings Feelings during change and loss.



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	Being assertive Our emotional needs Communication	It could happen to anyone	Private information (online) Medicines: true or false? Smoking: what is normal? Would you risk it?	Spending wisely Lend us a fiver! Local councils	Independence and responsibility Star qualities? Basic first aid	Changing bodies and feelings Growing up and changing bodies It could happen to anyone Help! I'm a teenager - get me out of here! Safe and unsafe secrets Stop, start, stereotypes
Year 6	Working together Let's negotiate Solve the friendship problem Assertiveness skills (formerly Behave yourself - 2) Behave yourself Dan's day Acting appropriately It's a puzzle	OK to be different We have more in common than not Respecting differences Tolerance and respect for others Advertising friendships! Boys will be boys? - challenging gender stereotypes	Think before you click! Traffic lights To share or not to share? Emotions and mental wellbeing What sort of drug is...? Drugs: it's the law! Alcohol: what is normal? Emotions and basic human needs.	Two sides to every story Fakebook friends What's it worth? Jobs and taxes Action stations! Project Pitch (parts 1 & 2) Happy shoppers Democracy in Britain 1 - Elections Democracy in Britain 2 - How (most) laws are made	Five Ways to Wellbeing project Aspirations and goals. Our recommendations What's the risk? (1) What's the risk? (2) Basic first aid	Helpful or unhelpful? Managing change I look great! Media manipulation Pressure online Puberty Safe and unsafe secrets. Reproduction



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