

PSHE and RSE Overview

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn- Living in the wider world	<ul style="list-style-type: none"> -What rules are -Caring for others -Looking after the environment -Using the internet and digital devices -Communicating online -Jobs in the community and strengths needed to complete them 	<ul style="list-style-type: none"> -Belonging to a group -Roles and responsibilities -Similarities and differences in the community -The internet in everyday life -Online content and information -What money is -The difference between needs and wants -Looking after money 	<ul style="list-style-type: none"> -What makes a community -Shared responsibilities -How data is shared and used -Making decisions about money -Using and keeping money safe 	<ul style="list-style-type: none"> -The value of rules and laws -Rights, freedoms and responsibilities -How the internet is used -Assessing information online -Different jobs -Job stereotypes -Setting personal jobs 	<ul style="list-style-type: none"> -Protecting the environment -Compassion towards others -How information online is targeted -Different media types -Their role and impact -Identifying job interests and aspirations -What influences career choices -Workplace stereotypes 	<ul style="list-style-type: none"> -Valuing diversity -Challenging discrimination and stereotypes -Evaluating media sources -Sharing things online -Influences and attitudes to money -Money and financial risks
Spring- Relationships	<ul style="list-style-type: none"> -Roles of different people in children's lives -Families -Feeling cared for -Understanding and recognising what privacy is -Staying safe -Seeking permission -How behaviour affects others -Being polite respectful 	<ul style="list-style-type: none"> -Making friends -Feeling lonely and getting help -Managing secrets -Resisting pressure and getting help -Recognising hurtful behaviour -Recognising things they have in common with others and differences with others 	<ul style="list-style-type: none"> -Positive friendships including online -Responding to hurtful behaviour -Managing confidentiality -Recognising risks online -Respecting differences and similarities -Discussing differences sensitively 	<ul style="list-style-type: none"> -What makes a family -Features of family life -Personal boundaries -Safely responding to others -The impact of hurtful behaviour -Recognising respectful behaviour -The importance of self-respect 	<ul style="list-style-type: none"> -Managing friendships and peer influence -Physical contact and feeling safe -Responding respectfully to a wide range of people -Recognising prejudice and discrimination 	<ul style="list-style-type: none"> -Attraction to others -Romantic relationships -Civil partnership and marriage

		-Playing and working cooperatively -Sharing opinions		-Courtesy and being polite		
Summer- Health and Wellbeing	-Keeping healthy -Food and exercise -Hygiene routines -Sun safety -Recognising what makes them unique and special -Learning about different feelings -Managing when things go wrong -Growing older-human life cycle -How rules and age restrictions help us -Keeping safe online	-Why sleep is important -Medicines and keeping healthy -Managing feelings and asking for help -Growing older -Naming body parts -Moving class or year -Safety in different environments -Risk and safety at home -What to do in emergencies	-Maintaining a balanced lifestyle -Oral hygiene and dental care -Physical and emotional changes in puberty -External genitalia -Personal hygiene routines -Support with puberty -Medicines and household products -Drugs common to everyday life	-Health choices and habits -Things that affect feelings -Expressing feelings -Personal strengths and achievements -Managing and reframing setbacks -Risks and hazards -Safety in the local environment and unfamiliar places	-Healthy sleep habits -Sun safety -Medicines, vaccinations, immunisations and allergies -Personal identity -Recognising individuality and different qualities -Mental wellbeing -Keeping safe in different situations, including responding in emergencies -First aid	-What affects mental health and ways to take care of it -Managing change, loss and bereavement -Managing time online -Human reproduction and birth -Increasing independence -Managing transition -Keeping personal information safe -Regulations and choice -Drug use and the law -Drug use and the media