

PSHE and RSE Overview: Whole School

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn	Self-Regulation <ul style="list-style-type: none"> Feelings in themselves and others. Be resilient and bounce back quickly after being upset. Reflect on feelings Follow instructions Wait with patience 	RSE & Keeping Safe <ul style="list-style-type: none"> Who are the people in my life who love me? What are the differences and similarities between people? What are the similarities between girls and boys? What are the rules for keeping me safe at school and outside? What is an emergency and what do I do? 	RSE and Keeping Safe <ul style="list-style-type: none"> What is private? What happens when the body grows young to old? What is fair, unfair, kind and unkind? How do medicines help us when we are unwell? How do I keep safe at home? What is my responsibility for keeping myself and others safe? 	RSE and Keeping Safe <ul style="list-style-type: none"> What is personal space? What does a healthy relationship look like? Why is being equal important in relationships? What happens when I breathe smoke in the air? How do I recognise risks in my life? What to do in an emergency? 	RSE and Keeping Safe <ul style="list-style-type: none"> What is diversity? Do boys and girls have different roles? What changes happen to my body? How do I manage risks in my life? What is self-control? What is the difference between legal and illegal drugs? Are all drugs harmful? 	RSE and Keeping Safe <ul style="list-style-type: none"> What is puberty? What the different relationships in my life? What is unwanted touch? How do I respond to dares? What are 'habits'? Who or what influences me? 	RSE and Keeping Safe <ul style="list-style-type: none"> What changes happen in my life? What happens in a loving relationship? How do drugs affect the mind and body? How do I manage peer pressure? What are the basic emergency first aid skills?
Spring	Managing Self <ul style="list-style-type: none"> Abide by rules of the classroom. Try new activities Talk positively Understand consequences Increasing independence Persevere when something is challenging. Dress and undress independently Know and talk about factors that support their overall health 	Healthy Lifestyles & Mental and Emotional Health <ul style="list-style-type: none"> What foods should I eat? Why is it important to wash my hands? How can I look after my teeth? What makes me happy? Good secrets and bad secrets 	Healthy Lifestyles & Mental and Emotional Health <ul style="list-style-type: none"> How do I keep myself healthy? Why is it important to keep active? How can I prevent diseases spreading? Small and big feelings, how can I keep safe online? What makes others happy? Joking, teasing and bullying. 	Healthy Lifestyles & Mental and Emotional Health <ul style="list-style-type: none"> What is a healthy diet? What is an unhealthy diet? How do I keep safe in the sun? Why is personal hygiene important? How do my feelings affect my behaviour? Managing feelings, what are the ways we communicate online? What am I good at? 	Healthy Lifestyles & Mental and Emotional Health <ul style="list-style-type: none"> How do I, make sure sleep well? What is fuel for the body? How do I know if I'm physically ill? What is resilience? What does it mean to have responsibility over my choices and actions? What is discrimination? 	Healthy Lifestyles & Mental and Emotional Health <ul style="list-style-type: none"> How can we stop, the spread of infection? Why is it important to know about nutritional content of food? What is mental health? How do I negotiate and compromise? How do I stay safe on a mobile tablet? How can I be happy being me? (body image)? 	Healthy Lifestyles & Mental and Emotional Health <ul style="list-style-type: none"> How is my mental and physical wellbeing connected? How do I keep physically healthy? Can I plan and prepare a healthy meal? How can I challenge negative thoughts and feelings? What is stereotyping? How can the internet positively and negatively affect our mental health?
Summer	Building Relationships <ul style="list-style-type: none"> Take turns Show empathy Show understanding of another's perspective Solve small conflicts and be assertive 	Living in the Wider World & Mental and Emotional Health <ul style="list-style-type: none"> What is the environment? How to handle change? 	Living in the Wider World & Mental and Emotional Health <ul style="list-style-type: none"> What groups and communities am I a part of? How can we look after the environment? How to handle change? 	Living in the Wider World & Mental and Emotional Health <ul style="list-style-type: none"> How do rules and law protect me? British and local communities. What are the links between work and money? How can choices make a difference to other and the environment? How to handle change? 	Living in the Wider World & Mental and Emotional Health <ul style="list-style-type: none"> What are the rights of the child? How do we look after our money? What is sustainability? How to handle change? 	Living in the Wider World & Mental and Emotional Health <ul style="list-style-type: none"> How are rules and law made and changed? What is fair trade? How can I develop my enterprise skills? How to handle change? 	Living in the Wider World & Mental and Emotional Health <ul style="list-style-type: none"> Why is important to be critical of the media online and offline? How do people manage money? What do I want to be? How to handle change?

