

Curriculum Overview - P.S.H.E & R.S.H.E

Relationships
 Health and Well being
 Living in the wider world
 RSE

PSHE						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Self-regulation Managing self Building relationships See separate skills progression					
Reception	Self-regulation Managing self Building relationships See separate skills progression RSE Lesson 1: Our day Lesson 2: Keeping Ourselves Clean Lesson 3: Families					
Year 1	What is the same and different about us?	Who is special to us?	What helps to stay healthy?	What can we do with money?	Who helps us keep safe?	How can we look after each other and the world?
	RSE Lesson 1: Keeping clean Lesson 2: Growing and changing Lesson 3: Families					
Year 2	What makes a good friend?	What is bullying?	What jobs do people do?	What helps us to stay safe?	What helps us to grow and stay healthy?	How do we recognise our feeling?
	RSE Lesson 1: Differences between boys and girls					

	<p>Lesson 2: Differences male and female Lesson 3: Naming the body parts</p>					
Year 3	How can we be a good friend?	What keeps us safe?	What are families like?	What makes a community?	Why should we eat well and look after our teeth?	Why should we keep active and sleep well?
	<p>RSE Lesson 1: Differences male and female Lesson 2: Personal space Lesson 3: Family differences</p>					
Year 4	What strengths, skills and interests do we have?	How do we treat each other we respect?	How can we manage our feelings?	How can friends communicate safely?	How can drugs common to everyday life affect health?	What jobs would we like?
	<p>RSE Growing and changing What is puberty? Puberty changes and the reproduction</p>					
Year 5	What makes up a person's identity?	What decisions can people make with money?	How can we help in an accident or emergency?	How can friends communicate safely?	How can drugs common to everyday life affect behaviour?	What jobs would we like?
	<p>RSE Lesson 1: Talking about puberty Lesson 2: Male and female changes Lesson 3: Puberty and hygiene</p>					
Year 6	How can we keep healthy as we grow?	How can the media influence people?			<p>What will change as we become more independent? How do friendships change as we grow?</p>	
	<p>RSE Lesson 1: Puberty and reproduction Lesson 2: Understanding relationships Lesson 3: Conception and pregnancy (optional) Lesson 4: Communication in relationships</p>					

