

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	<p>Self-regulation Managing self Building relationships See separate skills progression</p>					
Reception	<p>Self-regulation Managing self Building relationships See separate skills progression</p> <p>RSE Lesson 1: Our day Lesson 2: Keeping Ourselves Clean Lesson 3: Families</p>					
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?
	<p>RSE Lesson 1: Keeping clean Lesson 2: Growing and changing Lesson 3: Families</p>					
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?
	<p>RSE Lesson 1: Differences between boys and girls</p>					

	Lesson 2: Differences male and female Lesson 3: Naming the body parts					
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?
	RSE Lesson 1: Differences male and female Lesson 2: Personal space Lesson 3: Family differences					
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 will we grow and change?	How can our choices make a difference to others and the environment?	How can we manage risk in different places?
	RSE Growing and changing What is puberty? Puberty changes and the reproduction					
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?
	RSE Lesson 1: Talking about puberty Lesson 2: Male and female changes Lesson 3: Puberty and hygiene					
Year 6	How can we keep healthy as we grow?		How can the media influence people?		What will change as we become more independent? How do friendships change as we grow?	
	RSE Lesson 1: Puberty and reproduction Lesson 2: Understanding relationships					

Lesosn3: Conception and pregnancy (optional)

Lesson 4: Communication in relationships