

# PSHE and RSHE

| PSHE and RSE - Autumn Term                    |  |   |  |  |   |  |
|---|--|---|--|--|---|--|
| Term  | Year 1   | Year 2  | Year 3   | Year 4   | Year 5  | Year 6   |
| Autumn 1<br>Who we are                        | Dreams and Goals<br>(Setting simple goals)             | Dreams and Goals<br>(Setting realistic goals)                         | Dreams and Goals<br>(How we will achieve)                              | Dreams and Goals<br>(Being resilient)                                  | Dreams and Goals<br>(Challenging goals)   | Dreams and Goals<br>( <a href="#">Puberty and Reproduction</a> ,<br><a href="#">Conception and Pregnancy</a> )       |
| Autumn 2<br>Where we are in time<br>and place | Relationships<br>( <a href="#">Families and care</a> ) | Relationships<br>(Family, school and friends)                         | Relationships<br>( <a href="#">Personal space</a> )                    | Relationships<br>(Building strong friendships)                         | Relationships<br>(Anti-social behaviours)   | Relationships<br>( <a href="#">Understanding Relationships</a> ,<br><a href="#">Communicating in Relationships</a> ) |
| PSHE and RSE - Spring Term                    |  |   |  |  |   |  |
| Spring 1<br>How the world works               | Keeping Healthy<br>( <a href="#">Keeping clean</a> )   | Keeping Healthy<br>(Healthy bodies)                                   | Keeping Healthy<br>(Healthy mind and bodies)                           | Keeping Healthy<br>(Emotions)  | Keeping Healthy<br>(Body image)   | Celebrating Differences<br>(Disability/gender)   |
| Spring 2<br>How we organise<br>ourselves      | Celebrating Difference<br>(Why I am special)           | Celebrating Difference<br><a href="#">Boys and girls</a>              | Celebrating Difference<br><a href="#">Differences: Male and female</a> | Celebrating Difference<br>(Cultures and religions<br>around the world) | Celebrating Differences<br>(Racism/prejudice)   | Keeping Healthy<br>(Drugs and alcohol)   |
| PSHE and RSE - Summer Term                    |  |   |  |  |   |  |
| Summer 1<br>Sharing the planet                | Keeping Safe<br>(Road/money)                           | Keeping Safe<br>(Road/calling 999)                                    | Keeping Safe<br>(Risks/economic Safety)                                | Keeping Safe<br>(Water/ internet safety)                               | Keeping Safe<br>(Economic/ internet safety)   | Keeping Safe<br>(E-Safety - harmful content)   |
| Summer 2<br>How we express<br>ourselves       | Change<br>( <a href="#">Growing and changing</a> )     | Change<br>( <a href="#">Differences: Male and female body Parts</a> ) | Change<br>( <a href="#">Family differences</a> )                       | Change<br>( <a href="#">Growing/ changing puberty reproduction</a> )   | Change<br>( <a href="#">Talking about puberty, Male and female changes, Puberty and hygiene</a> ) | Change<br>(Transition to secondary school)   |

**DETERMINED, PERSISTENT ACHIEVERS Learning to Change the World**