

PSHE / RSE Overview

	Autumn			Spring			Summer		
Nursery	Transitions; developing friendships with other children; classroom rules and routines; discussing feelings.	Gaining confidence within the setting and with peers, discussing and noticing differences, such as skin colour, types of hair, gender, special needs and disabilities.	Safely exploring emotions through play and stories; recognising feelings.	Selecting and using activities and resources, asking for help when needed; achieving goals; become outgoing with unfamiliar people.	Gaining confidence in new social situations; following rules; talking to solve conflicts; understanding how others might be feeling.	Developing sense of community; feel strong enough to express a range of emotions.	Playing in a group; making up ideas for games; managing feelings and talking about emotions; understanding how others might be feeling.	Learning how to be assertive; beginning to find solutions to quarrels and rivalries, following rules without an adult reminding me.	Transition to Reception, getting school ready.
Reception	Transitions; who is in our class?; discussion on feelings; classroom routines and rules.	Making friendships; dreams and goals; dealing with anger and emotions.	Developing confidence to try new things; explaining to others how they thought about a problem or emotion and how they dealt with it.	Going for goals; good to be me feelings.	Celebrating differences; becoming independent; NSPCC Pants.	School values; how to deal with different feelings in the classroom; what makes a good friend?; looking after our planet.	Working in groups independently; looking after others; friendships; dreams and goals.	Show resilience and perseverance in the face of challenge; confidently sharing ideas in class; school values.	Changes and transition to Year 1; taking part in Sports Day - winning and losing; look how far I've come!

Core Theme	Relationships			Living in the Wider World			Health and Wellbeing		
Topic	Families and Friendships	Safe Relationships	Respecting ourselves and others	Belonging to a community	Media Literacy and digital resilience	Money and work	Physical health and mental wellbeing	Growing and changing	Keeping safe
Year 1	Roles of different people; families; feeling cared for.	Recognising privacy; staying safe; seeking permission.	How behaviour affects others; being polite and respectful.	What rules are; caring for others' needs; looking after the environment.	Using the internet and digital devices; communicating online.	Strengths and interests; jobs in the community.	Keeping healthy; food and exercise, hygiene routines; sun safety.	Recognising what makes them unique and special; feelings; managing when things go wrong.	How rules and age restrictions help us; keeping safe online.
Year 2	Making friends; feeling lonely and getting help.	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour.	Recognising things in common and differences; playing and working cooperatively; sharing opinions.	Belonging to a group; roles and responsibilities; being the same and different in the community.	The internet in everyday life; online content and information.	What money is; needs and wants; looking after money.	Why sleep is important; medicines and keeping healthy; keeping teeth 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; emergencies.
Year 3	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; courtesy and being polite.	The values of rules and laws; rights, freedoms and responsibilities.	How the internet is used; assessing information online.	Different jobs and skills; job stereotypes; setting personal goals.	Health choices and habits; what affects feelings; expressing feelings.	Personal strengths and achievements; managing and reframing setbacks.	Risk and hazards; safety in the local environment and unfamiliar places.

Year 4	Positive friendships, including online.	Responding to hurtful behaviour; managing confidentiality; recognising risks online.	Respecting differences and similarities; discussing difference sensitively.	What makes a community; shared responsibilities.	How data is shared and used.	Making decisions about money; using and keeping money safe.	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.
Year 5	Managing friendships and peer influence.	Physical contact and feeling safe.	Responding respectfully to a wide range of people; recognising prejudice and discrimination.	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.	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 and FGM.
Year 6	Attraction to others; romantic relationships; civil partnerships and marriage.	Recognising and managing pressure; consent in different situations.	Expressing opinions and respecting other points of view, including discussing topical issues.	Valuing diversity; challenging discrimination and stereotypes.	Evaluating media sources; sharing things online.	Influences and attitudes to money; money and financial risk.	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 choices; drug use and the law; drug use and the media.