

PSHE and RSE Whole School Overview

	<u>Autumn1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
FS	Me and My Relationships All about me What makes me special Me and my special people Who can help me? My feelings My feelings (2)	Valuing Difference I'm special, you're special Same and different Same and different families Same and different homes I am caring (formerly) Kind and caring -1) Kind and caring (2)	Being my Best Bouncing back when things go wrong Yes, I can! Healthy eating (1) Healthy eating (2) Move your body A good night's sleep	Rights and Responsibilities Looking after my special people Looking after my friends Being helpful at home and caring for our classroom Caring for our world Looking after money (1): recognising, spending, using Looking after money (2): saving money and keeping it safe	Keeping Myself Safe What's safe to go onto my body Keeping Myself Safe - What's safe to go into my body (including medicines) Safe indoors and outdoors Listening to my feelings (1) Keeping safe online People who help to keep me safe	Growing and Changing Seasons Life stages - plants, animals, humans Life Stages: Human life stage - who will I be? Where do babies come from? Getting bigger Me and my body - girls and boys
RSE	Families Children will learn about members of the family and will understand how members of a family can help each other.			Keeping Ourselves Clean Children will be able to explain why it is important to keep clean and understand some basic hygiene routines.		Our Day Children will think about routines and patterns of a typical day. They will learn about how they can help themselves.
Year 1	<u>Me and My Relationships</u> Why we have classroom rules Thinking about feelings Our feelings Feelings and bodies Our special people balloons Good friends How are you listening?	<u>Valuing Difference</u> Same or different? Unkind, tease or bully? Harold's school rules Who are our special people? It's not fair!	<u>Keeping Myself Safe</u> Healthy me Super sleep Who can help? (1) Harold loses Geoffrey What could Harold do? Good or bad touches? Sharing pictures	<u>Rights and Responsibilities</u> Harold's wash and brush up Around and about the school Taking care of something Harold's money How should we look after our money? Basic first aid	<u>Being my Best</u> I can eat a rainbow Eat well Catch it! Bin it! Kill it! Harold learns to ride his bike Pass on the praise! Harold has a bad day	<u>Growing and Changing</u> Inside my wonderful body! Taking care of a baby Then and now Who can help? (2) Surprises and secrets
RSE	Keeping Clean Children will		Growing and Changing Children will		Families and Care Understand that	

	understand how to clean and look after themselves.		understand that babies become children and then adults and will know the difference between boy and girl babies.		there are different types of families and which people can help them.	
Year 2	Relationships How are you feeling today? How do we make others feel? My special people Being a good friend Let's all be happy! Fun or not? Should I tell? Solve the problem A helping hand I don't like that! Bullying or teasing? Don't do that! Types of bullying Some secrets should never be kept Feeling safe Playing games An act of kindness What makes us who we are?		The Wider World Our ideal classroom (1) Our ideal classroom (2) When I feel like erupting When someone is feeling left out Getting on with others Basic first aid How can we look after our environment? Harold saves for something special Harold goes camping		Health and Well-being My day Harold's bathroom Harold's postcard - helping us to keep clean and healthy My body needs... What does my body do? How safe would you feel? What should Harold say? Harold's picnic Respecting privacy You can do it! Sam moves away Haven't you grown! My body, your body	
RSE	Differences between Boys and Girls Children will learn that some people have fixed ideas about what girls and boys can do. They will be able to describe the differences between male and female babies		Differences between Male and Females Children will describe some differences between male and female animals. They will explore some of the differences between male and females and understand how this is part of the lifecycle.		Naming the Body Parts Children will learn the different body parts using anatomically correct names	
Year 3	Relationships and all about us	Valuing differences Family and friends My community	Keeping myself safe Safe or unsafe?	Rights and responsibilities	Being my best Derek cooks dinner!	Growing and changing Relationship Tree Body space

	<p>As a rule My special pet Tangram team challenge Looking after our special people How can we solve this problem? Dan's dare Thunks Friends are special</p>	<p>Respect and challenge Our friends and neighbours Let's celebrate our differences Zeb</p>	<p>Danger or risk? The Risk Robot Alcohol and cigarettes: the facts Super Searcher None of your business! Raisin challenge (1) Help or harm?</p>	<p>Our helpful volunteers Helping each other to stay safe Recount task Harold's environment project Can Harold afford it? Earning money</p>	<p>(healthy eating) Poorly Harold For or against? I am fantastic! Getting on with your nerves! Body team work Top talents</p>	<p>Secret or surprise? My changing body Basic first aid Let's have a tidy up!</p>
RSE	<p>Differences Between Males and Females Children will be able to name male and female body parts using anatomically correct names. They will know some similarities and differences between male and females.</p>		<p>Personal Space Children will identify different types of touch that people like and do not like and discuss ways to deal with unwanted touch. They will explore personal space.</p>		<p>Family Differences Children will explore different types of families and who to go to for help and support.</p>	
Year 4	<p>Keeping Myself Safe Danger, risk or hazard? Picture Wise How dare you! Medicines: check the label Know the norms Keeping ourselves safe Raisin challenge (2)</p>	<p>Me and My Relationships An email from Harold! Ok or not ok? (Part 1) Ok or not ok? (Part 2) Human machines Different feelings When feelings change Under pressure</p>	<p>Valuing difference Can you sort it? Islands Friend or acquaintance? What would I do? The people we share our world with That is such a stereotype!</p>	<p>Being My Best What makes me ME! Making choices SCARF Hotel Harold's Seven Rs My School Community (1) Basic First Aid</p>	<p>Growing and Changing Moving House My feelings are all over the place! All change! Preparing for changes at puberty Secret or surprise? Together</p>	<p>Rights and Responsibilities Who helps us stay healthy and safe? It's your right How do we make a difference? In the News! Safety in numbers Logo Quiz Harol's expenses Why pay taxes?</p>
RSE	<p>Growing and Changing Children will explore the human life cycle and describe the main stages. They will understand the body changes that happen as a child grows up.</p>		<p>What is Puberty? Children will identify some basic facts about puberty and learn some of the changes that happen to the body during puberty.</p>		<p>Puberty Changes and Reproduction Children will learn how puberty is linked to reproduction. (Egg and seed) They will learn about physical and emotional changes that happen in</p>	

					puberty.	
Year 5	Me and my relationships Collaboration challenge Give and Take How good a friend are you? Relationship cake recipe Being assertive Our emotional needs Communication	Rights and responsibilities What's the story? Fact or opinion? Rights, responsibility and duties Mo makes a difference Spending wisely Lend us a fiver! Local councils	Valuing difference Qualities of friendship Kind conversations Happy being me The land of the Red People Is it true? It could happen to anyone	Growing and changing How are they feeling? Taking notice of our feelings Dear Hetty Changing bodies and feelings Growing up and changing bodies Help! I'm a teenager – get me out of here! Dear Ash Stop, start, stereotypes	Being my best Getting fit It all adds up! Different skills My school community (2) Independence and responsibility Star qualities? Basic first aid, including sepsis awareness	Keeping myself safe 'Thinking' about habits Jay's dilemma Spot bullying Ella's diary dilemma Decision dilemma Play, like, share Drugs: true or false? Smoking: what is normal? Would you risk it?
RSE	Talking about Puberty Children will understand in greater depth the emotional and physical changes that occur during puberty.		Male and Female Changes Children will understand male and female puberty changes in more detail. Learn how to manage physical and emotional changes.		Puberty and Hygiene Children will understand the impact of puberty on the body and the importance of hygiene. They will learn how to get support during puberty	
Year 6	<u>Me and My Relationships</u> Working together Let's negotiate Assertiveness skills Don't force me Staying away from home school journey Prep	<u>Valuing Difference</u> Respecting differences Tolerance and respect for others Democracy in the UK – Parliament talk KU organised through the Houses of Parliament Challenging stereotypes Advertising friendships	<u>Keeping Myself Safe</u> Think before you click To share or not to share <u>Growing and Changing</u> From this unit Managing Change – helpful or unhelpful I look great	<u>HRSE</u> Puberty and body changes 3 sessions Girls changes (menstruation) , boys changes Girls only reflection What's it worth? Jobs and taxes	<u>E safety</u> – protecting yourself (Essex Fire officer talk) (Time for change c charity) – resilience and well-being - transition <u>Keeping Myself Safe</u> What sort of drug is it? Drugs it's the law <u>HRSE</u> Flour babies project Conception and pregnancy	<u>Keeping Myself Safe</u> Alcohol what is normal? <u>HRSE</u> Communicating in relationships Transition <u>Growing and changing unit</u> Media manipulation

	Acting appropriately	(ESafety) Crucial Crew (Tendring)				
RSE	Puberty and Reproduction Children will describe how and why body changes during puberty in preparation for reproduction. They will begin to talk about puberty and reproduction with confidence.		Understanding Relationships Children will consider different types of adult relationships. They will discuss physical and emotional behaviour in relationships.		Conception and Pregnancy Children will learn about the process of conception and pregnancy. They will consider the decisions that have to be made before having a baby.	Communicating in Relationships Children will explore positive and negative ways of communicating in a relationship and will learn when it is appropriate to share personal and private information in a relationship. They will learn how to get support if an online relationship goes wrong.