

PSHE/RSE Whole School Overview



	Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
N	Caring For Others	Kind Words Playing and Working together	Being Positive	Balanced Diet Being Active	Falling Out	Respecting our Bodies
R	Belonging Being Responsible	Being Different Giving Compliments	Not Giving Up Being Proud	Keeping Safe Keeping Safe	Making and Keeping Friends Respect for Others	Growing Up How we have changed since we were babies
1	Keeping Safe at School	Similarities and Differences Bullying and Feelings	Being Successful Positive Feelings	Keeping My Body Safe Being Healthy	Being Special Good and Bad Behaviour Traits	My changing body Boys' and girls' bodies; correct names for body parts
2	Behaviour and Choices Friendships	Being Different Stereotypes	Working with Others Identifying Feelings	Medicines and Keeping Safe Health and Choices	Relationships that are safe Solving Problems	Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is)
3	Effects of behaviour upon others Rules	Friendships Solving Conflict	Improving Ourselves Success	Keeping Safe Managing Feelings	Positivity Making Choices Impact of Choices	How babies grow and how boys' and girls' bodies change as they grow older Introduction to puberty and menstruation
4	Listening and Respect Democracy	First Impressions Acceptance Bullying	Different Cultures Goals and Resilience	Body and Respect Peer pressure Managing Negative feelings	Loss Managing Loss in our families	Having a baby Internal and external reproductive body parts Recap about puberty and menstruation

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						Conception explained in simple terms.
5	Rules and Responsibilities Impact upon others	Bullying Discrimination	Hopes and Dreams Different Cultures	Food and substances Respecting our Bodies	Online and Offline Friendships Managing Risks	Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Conception explained in simple biological terms.
6	Choices and Impact	Conflict Differences	Motivation	Substances Managing Stress	Feelings	Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager.

Coordinator – Miss Evans/Miss Fyfe

All lessons are taught using correct terminology, child-friendly language and diagrams.