

PHSE /RSE Yearly Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
Owls Class	Me and My Relationships – Feelings Getting help Classroom rules Special people Being a good friend	Valuing Difference Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	Keeping Myself Safe How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep.	Rights and Responsibilities Taking care of things: Myself My money My environment	Being My Best Growth Mindset Healthy eating Hygiene and health Cooperation	Growing and Changing Getting help Becoming independent My body parts Taking care of self and others
Previous Learning	People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping by body healthy – food, exercise, sleep Growth Mindset	Cycles Life stages Girls and boys – similarities and difference
Future Learning	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Celebrating difference People who help us Listening Skills	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation Online safety Looking after money – saving and spending	Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Life cycles Dealing with loss Being supportive Growing and changing Privacy
Key Questions						
I Can Statements						
Vocabulary						

For ‘Key Questions’, ‘I can Statements’ and ‘Key Vocabulary’ see Knowledge Organisers.

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
Hawks Class	Me and My Relationships – Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Valuing Difference Being kind and helping others Celebrating difference People who help us Listening Skills	Keeping Myself Safe Safe and unsafe secrets Appropriate touch Medicine safety	Rights and Responsibilities Cooperation Self-regulation Online safety Looking after money – saving and spending	Being My Best Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Growing and Changing Life cycles Dealing with loss Being supportive Growing and changing Privacy
Previous Learning	Feelings Getting help Classroom rules Special people Being a good friend	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep	Taking care of things: Myself My money My environment	Growth Mindset Healthy eating Hygiene and health Cooperation	Getting help Becoming independent My body parts Taking care of self and others
Future Learning	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Recognising and respecting diversity Being respectful and tolerant My community	Managing risk Decision-making skills Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets
Key Questions						
I Can Statements						
Vocabulary						

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Red Kites Class	Me and My Relationships – Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Valuing Difference Recognising and respecting diversity Being respectful and tolerant My community	Keeping Myself Safe Managing risk Decision-making skills Drugs and their risks Staying safe online	Rights and Responsibilities Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Being My Best Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Growing and Changing Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets
Previous Learning	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Celebrating difference People who help us Listening Skills	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation Online safety Looking after money – saving and spending	Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Life cycles Dealing with loss Being supportive Growing and changing Privacy
Future Learning	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Having choices and making decisions about my health Taking care of my environment My skills and interests	Body changes during puberty Managing difficult feelings Relationships including marriage
Key Questions						
I Can Statements						
Vocabulary						

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Buzzards Class	Me and My Relationships – Healthy relationships Listening to feelings Bullying Assertive skills	Valuing Difference Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Keeping Myself Safe Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety	Rights and Responsibilities Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Being My Best Having choices and making decisions about my health Taking care of my environment My skills and interests	Growing and Changing Body changes during puberty Managing difficult feelings Relationships including marriage
Previous Learning	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Recognising and respecting diversity Being respectful and tolerant My community	Managing risk Decision-making skills Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Relationships healthy and well Changing bodies and puberty Keeping safe Safe and unsafe secrets
Future Learning	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Recognising and celebrating difference, including religions and cultural influence and pressure of social media	Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending	Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community	Managing difficult feelings Managing change How my feelings help keeping safe Getting help
Key Questions						
I Can Statements						
Vocabulary						

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Eagles Class	Me and My Relationships – Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Valuing Difference Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Keeping Myself Safe Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Rights and Responsibilities Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending	Being My Best Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community	Growing and Changing Managing difficult feelings Managing change How my feelings help keeping safe Getting help
Previous Learning	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Having choices and making decisions about my health Taking care of my environment My skills and interests	Body changes during puberty Managing difficult feelings Relationships including marriage
Future Learning	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)	Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	Aspirations and goal setting Managing risk Looking after my mental health	Coping with changes Keeping safe Body Image Sex education Self-esteem
Key Questions						
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Vocabulary						

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