 **Whole School PSHCE/RSE Overview** 

|  |  |  |  |
| --- | --- | --- | --- |
|  | Autumn: Relationships | Spring: Living in the Wider World | Summer: Health and Wellbeing |
|  | 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 |
| KS1 (Cycle A) | **How do we feel cared for?** Roles of different people; families; feeling cared for.  | **How can we communicate safely?**Recognising privacy; staying safe; seeking permission. | **How do we decide how to behave?**How behaviour affects others; being polite and respectful.  | **How can we look after each other and the world?** What rules are; caring for others’ needs; looking after the environment.  | **How do we keep safe online?** Using the internet and digital devices; communicating online.  | **What jobs do people do?**Strengths and interests; jobs in the community.  | **What helps us stay healthy?**Keeping healthy; food and exercise; hygiene routines; sun safety.  | **What makes us special?**Recognising what makes them unique and special; feelings; managing when things go wrong. | **Who helps to keep us safe?**How rules and age restrictions help us; keeping safe online.  |
| KS1 (Cycle B) | **What makes a good friend?**Making friends; feeling lonely and getting help.  | **How do we treat each other with respect?** Managing secrets; resisting pressure and getting help; recognising hurtful behaviour.  | **What is the same and what is different about us?**Recognising similarities and differences; playing and working cooperatively; sharing opinions.  | **What makes a community?**Belonging to a group; roles and responsibilities; being the same and different in the community.  | **How do we keep safe?**The internet in everyday life; online content and information.  | **What can we do with money?**What money is; needs and wants; looking after money.  | **What helps us stay healthy?**Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help.  | **How will we grow and change?**Growing older; naming body parts; moving class or year.  | **What helps us to stay safe?**Safety in different environments; risk and safety at home; emergencies.  |
| LKS2 (Cycle A) | **What are families like?**What makes a family; features of family life. | **How can we be a good friend?** Personal boundaries; safely responding to others; the impact of hurtful behaviour.  | **How do we treat others with respect?**Recognising respectful behaviour; the importance of self-respect; courtesy and being polite.  | **What are the rules that keep us safe?** The value of rules and laws; rights; freedoms and responsibilities.  | **How do we keep safe?** How the internet is used; assessing information online.  | **What jobs do people do?** Different jobs and skills; job stereotypes; setting personal goals.  | **What strengths skills and interests do we have?** Health choices and habits; what affects feelings; expressing feelings.  | **How do we recognise our feelings?** Personal strengths and achievements; managing and reframing setbacks.  | **How can we manage risk in different places?** Risks and hazards; safety in the local environment and unfamiliar places.  |
| LKS2 (Cycle B) | **How do friendships change as we grow?**Positive friendships; including online.  | **How do we treat others with respect?**Responding to hurtful behaviour; managing confidentiality; recognising risks online.  | **What is the same and what is different about us?**Respecting similarities and differences; discussing difference sensitively.  | **What are we responsible for?**What makes a community; shared responsibilities.  | **How can we manage risk?**How data is shared and used.  | **What can we do with money?**Making decisions about money; using and keeping money safe.  | **Why should we eat well and look after our teeth?**Maintaining a balanced lifestyle; oral hygiene and dental care.  | **How will we grow and change?**Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty.  | **How do we keep safe?**Medicines and household products; drugs common to everyday life.  |
| UKS2 (Cycle A) | **How do friendships change as we grow?** Managing friendships and peer influence.  | **How can we communicate safely?** Physical contact and feeling safe.  | **What is the same and what is different about us?**Responding respectfully to a wide range of people; recognising prejudice and discrimination.  | **How can our choices make a difference to others and the environment?**Protecting the environment; compassion towards others.  | **How can media influence people?**How information online is targeted; different media types, their role and impact.  | **What jobs would we like?** Identifying job interests and aspirations; what influences career choices; workplace stereotypes.  | **How can drugs common to everyday life affect health?**Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies.  | **What makes up a person’s identity?**Personal identity; recognising individuality and different qualities; mental wellbeing.  | **What are my responsibilities as I grow?** Year 5- Puberty Year 6 – Sex Education |
| UKS2 (Cycle B) | **What makes a happy and healthy relationship?**Attraction to others; romantic relationships; civil partnership and marriage.  | **What are the rules that keep us safe?**Recognising and managing pressure; consent in different situations.  | **How do we treat others with respect?** Expressing opinions and respecting other points of view; including discussing topical issues.  | **What does discrimination mean?**Valuing diversity; challenging discrimination and stereotypes.  | **How can media influence people?**Evaluating media sources; sharing things online.  | **What decisions can people make with money?**Influences and attitudes to money; money and financial risks.  | **What helps us stay mentally healthy?** What affects mental health; ways to take care of mental health; managing change; loss and bereavement; managing time online.  |  **How to keep ourselves safe as we grow?** Year 5- Keeping safe in different situations; including responding in emergencies; first aid.Year 6- IMPS & Junior Citizen | **What are my responsibilities as I grow?** Year 5- Puberty Year 6 – Sex Education |