 **Whole School PSHCE/RSE Overview** 

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|  | 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 |