

# PSHE and RSE Whole School Coverage Overview



	Autumn	Spring	Summer
Themes	Respectful Relationships	Living in the wider world	Health and Wellbeing
Rec	<p><b>Being me in my world</b> Class Rules and Routines. Supporting children to build relationships. Dreams and Goals. Self-identity. Understanding feelings. Being in a classroom. Being gentle. Rights and responsibilities.</p> <p><b>Getting on and falling out.</b> How to deal with emotions. Develop Self – Confidence. Ask children to explain to others how they thought about a problem or an emotion and how they dealt with it. Identifying talents. Being special. Making friends. Standing up for yourself.</p>	<p><b>Good to be me</b> Feelings. Learning about qualities and differences. Celebrating differences. Identify and moderate their own feelings socially and emotionally. Encourage them to think about their own feelings and those of others by giving explicit examples of how others might feel in particular scenarios. Perseverance <b>Relationships</b> What makes a good friend? Random acts of Kindness. Looking after pets. Looking after our Planet. Give children strategies for staying calm in the face of frustration. Talk them through why we take turns, wait politely, tidy up after ourselves and so on. Friendships, falling out and making up. Dealing with bullying.</p>	<p><b>Friendships</b> Looking after others. Dreams and Goals. Show resilience and perseverance in the face of challenge. Discuss why we take turns, wait politely, tidy up after ourselves and so on. Goal setting. Overcoming obstacles. Seeking help. Being a good friend. <b>Taking part</b> Sports day - Winning and losing. Changing me. Look how far I've come! Model positive behaviour and highlight exemplary behaviour of children in class, narrating what was kind and considerate about the behaviour. <b>Caring for ourselves</b> Oral hygiene. Be brave to try new food / school dinners and snack. Understand where I live. Understand how to keep myself safe. Internet safety.</p>
Year 1	<p>Roles of different people Families; feeling cared for Recognising privacy; staying safe; seeking permission How behaviour affects others Being polite and respectful</p>	<p>What rules are Caring for others' needs Looking after the environment Using the internet and digital devices Communicating online Strengths and interests Jobs in the community</p>	<p>Keeping healthy; food and exercise Hygiene routines Sun safety Recognising what makes them unique and special Feelings; managing when things go wrong How rules and age restrictions help us Keeping safe online</p>

<b>Year 2</b>	<p>Making friends; feeling lonely and getting help  Managing secrets; resisting pressure and getting help  Recognising hurtful behaviour  Recognising things in common/differences  Playing and working co-operatively  Sharing opinions</p>	<p>Belonging to a group  Roles and responsibilities  Being the same and different in the community  The internet in everyday life  Online content and information  What money is  Needs and wants  Looking after money</p>	<p>Why sleep is important  Medicines and keeping healthy  Keeping teeth healthy  Managing feelings and asking for help  Growing older; naming body parts  Moving class or year  Safety in different environments  Risk and safety at home; emergencies</p>
<b>Year 3</b>	<p>What makes a family; features of family life  Personal boundaries; safely responding to others  The impact of hurtful behaviour  Recognising respectful behaviour  The importance of self-respect  Courtesy and being polite</p>	<p>The value of rules and laws  Rights, freedoms and responsibilities  How the internet is used  Assessing information online  Different jobs and skills  Job stereotypes  Setting personal goals</p>	<p>Health choices and habits  What affects feelings; expressing feelings  Personal strengths and achievements  Managing and reframing setbacks  Risks and hazards  Safety in the local environment and unfamiliar places</p>
<b>Year 4</b>	<p>Positive friendships, including online  Responding to hurtful behaviour  Managing confidentiality  Recognising risks online  Respecting differences and similarities  Discussing difference sensitively</p>	<p>What makes a community  Shared responsibilities  How data is shared and used  Making decisions about money  Using and keeping money safe</p>	<p>Maintaining a balanced lifestyle  Oral hygiene and dental care  Physical and emotional changes in puberty  External genitalia  Personal hygiene routines  Support with puberty  Medicines and household products  Drugs common to everyday life</p>
<b>Year 5</b>	<p>Managing friendships and peer influence  Physical contact and feeling safe  Responding respectfully to a wide range of people  Recognising prejudice and discrimination</p>	<p>Protecting the environment  Compassion towards others  How information online is targeted  Different media types ; their role and impact  Identifying job interests and aspirations  What influences career choices  Workplace stereotypes</p>	<p>Healthy sleep habits  Sun safety  Medicines, vaccinations, immunisations and allergies  Personal identity  Recognising individuality and different qualities  Mental wellbeing  Keeping safe in different situations  Responding in emergencies - first aid</p>
<b>Year 6</b>	<p>Attraction to others; romantic relationships  Civil partnership and marriage  Recognising and managing pressure  Consent in different situations  Expressing opinions and respecting other points of view, including discussing topical issues</p>	<p>Valuing diversity; challenging discrimination and stereotypes  Evaluating media sources  Sharing things online  Influences and attitudes to money  Money and financial risks</p>	<p>What affects mental health and ways to take care of it  Managing change, loss and bereavement  Managing time online  Human reproduction and birth  Increasing independence  Managing transition  Keeping personal information safe  Regulations and choices  Drug use in the law and media</p>