

# Subject overview PSHE and RSE

	Curriculum year A	Curriculum year B	Curriculum year C	Curriculum year D	Curriculum year E	Curriculum year F
Autumn Term 1	Who we are <u>Self Awareness</u> Things we are good at	How we express ourselves <u>Managing Feelings</u> Managing strong feelings	Who we are <u>Self-Awareness</u> Getting on with others	How we express ourselves <u>Self-care, Support and Safety</u> Trust	Who we are <u>Self – Awareness</u> Personal Strengths	How we express ourselves <u>The World I Live In</u> Managing online information
Autumn Term 2	Who we are <u>Healthy Lifestyles</u> Taking care of physical health	How we express ourselves <u>Self Awareness</u> Things we are good at	Who we are <u>Self – Awareness</u> Kind and unkind behaviours	How we express ourselves <u>Self-care, Support and Safety</u> Keeping safe online	Who we are <u>Self – Awareness</u> Prejudice and discrimination	How we express ourselves <u>Healthy Lifestyles</u> Mental Wellbeing
Spring Term 3	Where we are in place and time <u>The World I Live In</u> Belonging to a community	How we organise ourselves <u>Self-care, support and safety</u> Taking care of ourselves & keeping safe	Where we are in place and time <u>Self – Awareness</u> People who are special to us	How we organise ourselves <u>The World I Live In</u> Jobs people do	Where we are in place and time <u>The World I Live In</u> Diversity/Rights & Responsibilities	How we organise ourselves <u>Self – Awareness</u> Managing Pressure
Spring Term 4	Where we are in place and time <u>Managing Feelings</u> Identifying and expressing feelings	How we organise ourselves <u>Changing and Growing</u> Different types of relationships & baby to adult	Where we are in place and time <u>Self Awareness</u> Playing and working together	How we organise ourselves <u>Healthy Lifestyles</u> Healthy Eating	Where we are in place and time <u>Self Awareness</u> Skills for learning	How we organise ourselves <u>The World I Live In</u> Managing Finances
Summer Term 5	Sharing the planet <u>The World I Live In</u> Jobs people do	How the world works <u>Healthy Lifestyles</u> Keeping well	Sharing the planet <u>The World I Live In</u> Respecting differences between people	How the world works <u>Changing and Growing</u> Changes at puberty	Sharing the planet <u>Changing &amp; Growing</u> Healthy & unhealthy relationship behaviour	How the world works <u>Changing &amp; Growing</u> Friendship
Summer Term 6	Sharing the planet <u>The World I Live In</u> Rules and laws	How the world works <u>The World I Live In</u> Taking care of the environment	Sharing the planet <u>Self – Awareness</u> Getting on with others	How the world works <u>Self – care, Support and Safety</u> Public and private	Sharing the planet <u>The World I Live In</u> Taking care of the environment	How the world works <u>Self – Care, Support &amp; Safety</u> Feeling frightened/worried