



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Self-regulation	Building relationships		Managing self		Transition
EYFS Nursery Reception	My feelings: 1. Identifying my feelings 2. Coping strategies 3. Emotional adjectives 4. Facial expressions	Special Relationships: 1. Special people 2. Sharing 3. I am unique 4. Similarities and differences	My family and friends: 1. Festivals 2. Sharing 3. What makes a good friend 4. Being a good friend	Taking on challenges: 1. Why do we have rules? 2. Building towers 3. Team races	My wellbeing: 1. What is exercise? 2. Being a safe pedestrian 3. Eating healthy	1. Yoga and relaxation
	Family & Relationships	Health and wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Transition
Year 1	1. <i>Setting the ground rules for RSE & PSHE</i> 2. <i>What is family?</i> 3. <i>What are friendships?</i> 4. <i>Friendship problems</i> 5. <i>Healthy friendships</i> 6. <i>Gender stereotypes</i>	1. <i>Understand my emotions</i> 2. <i>Ready for bed</i> 3. <i>Handwashing and personal hygiene</i> 4. <i>Sun safety</i> 5. <i>Allergies</i>	1. <i>Adults in school</i> 2. <i>Adults outside school</i> 3. <i>Making an emergency phone call</i> 4. <i>Appropriate contact</i> 5. <i>Safety with substances</i>	1. <i>Rules</i> 2. <i>Similar, yet different</i>	1. <i>Introduction to money</i> 2. <i>Saving and spending</i>	1. <i>To understand their own strengths and to prepare for the move to a new class</i>
Year 2	1. <i>Setting the ground rules for RSE & PSHE</i> 2. <i>Families are all different</i> 3. <i>Unhappy friendships</i> 4. <i>Introduction to manners and courtesy</i> 5. <i>Change and loss</i> 6. <i>Gender stereotypes: careers and jobs</i>	1. <i>Experiencing different emotions</i> 2. <i>Developing a growth mindset</i> 3. <i>Healthy diet</i> 4. <i>Looking after our teeth</i>	1. <i>Communicating online</i> 2. <i>Secrets and surprises</i> 3. <i>Appropriate contact: My private parts are private</i> 4. <i>Staying safe with medicine</i>	1. <i>Rules beyond school</i> 2. <i>Similar yet different – my local community</i> 3. <i>Giving my opinion</i>	1. <i>Wants and needs</i> 2. <i>Looking after money</i>	1. <i>To understand that change can cause mixed feelings</i>
Year 3 (Cycle 1)	1. <i>Setting the ground rules for RSE & PSHE</i> 2. <i>Healthy families</i> 3. <i>Friendship: conflict vs bullying</i> 4. <i>Learning who to trust</i> 5. <i>Respecting differences in others</i> 6. <i>Stereotyping gender</i>	1. <i>My healthy diary</i> 2. <i>Wonderful me</i> 3. <i>Resilience: breaking down barriers</i> 4. <i>Diet and dental health</i>	1. <i>First Aid: emergencies and calling for help</i> 2. <i>Cyberbullying</i> 3. <i>Influences</i> 4. <i>Keeping safe out and about</i>	1. <i>Rights of the child</i> 2. <i>Charity</i> 3. <i>Local democracy</i>	1. <i>Ways of paying</i> 2. <i>Jobs and careers</i>	1. <i>To understand the strategies people use to cope with change</i>
Year 4 (Cycle 2)	1. <i>Setting the ground rules for RSE & PSHE</i> 2. <i>Respect and manners</i> 3. <i>Healthy friendship</i> 4. <i>Bullying</i> 5. <i>Stereotypes: Disability</i> 6. <i>Change and Loss</i>	1. <i>Looking after our teeth</i> 2. <i>Celebrating mistakes</i> 3. <i>My happiness</i> 4. <i>Emotions</i> 5. <i>Mental health</i>	1. <i>Internet safety: Age restrictions</i> 2. <i>Share aware</i> 3. <i>Privacy and security</i> 4. <i>Introducing puberty</i> 5. <i>Tobacco</i>	1. <i>What are human rights?</i> 2. <i>Diverse communities</i>	1. <i>Keeping track of money</i> 2. <i>Influences on career choices</i>	1. <i>To create goals and challenges to achieve before year 5</i>