

RSE/ PSHE							
	Early Years	Y1	Y2	Y3	Y4	Y5	Y6
Autumn	People & Communities Know about similarities and differences between themselves and others, and among families, communities and traditions. Managing Feelings & Behaviour Work as part of a team or group People, Culture and Communities explain similarities and differences between life in this country and life in other countries.	Family and relationships: Why are all families different? What is a stereotype?	Family and relationships: Why are all families different? What is self-respect?	Family and relationships: How can relationship problems be resolved? What is trust?	Family and relationships: What is a bully, victim and bystander? How does behaviour affect others?	Family and relationships: What is a marriage? What happens if someone feels unsafe?	Family and relationships: What is grief? How can compromise and negotiation be used to resolve conflict?
Spring	Managing Feelings & Behaviour Talk about how they and others show feelings Self-confidence & Self-awareness Children are confident to talk to others about own needs, interests and opinions Health & Self-care Know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe Manage their own basic hygiene and personal needs successfully Self-Regulation has a positive sense of self Shows an understanding of their own feelings Managing Self Knows the importance of a healthy diet	Health and Wellbeing: How can I manage my feelings? Why is sleep and relaxation important?	Health and Wellbeing: how does physical exercise benefit me? Why is sleep important?	Health and Wellbeing: How do I maintain a healthy lifestyle? How do I solve problems?	Health and Wellbeing: What is a growth mindset? Are all emotions understandable?	Health and Wellbeing: How do I take responsibility for my own health and wellbeing?	Health and Wellbeing: What is resilience? How do I take responsibility for my own health and wellbeing?
		Safety and the Changing body: What can I do if I get lost? What are the hazards around the home? What is appropriate physical contact?	Safety and the Changing body: How do I stay safe on the roads and online? What should I call my body parts?	Safety and the Changing body: How do I call emergency services? What is cyber bullying? How can I stay safe?	Safety and the Changing body: What are the physical /emotional changes during puberty? Why shouldn't I share information online?	Safety and the Changing body: What are the physical /emotional changes during puberty? Why shouldn't I share information online?	Safety and the Changing body: How is a baby conceived? What are the risks of alcohol consumption?
Summer	Managing Feelings & Behaviour Talk about how they and others show feelings Making Relationships Show sensitivity to others needs and feelings forming positive relationships People & Communities Know that other children don't always enjoy the same things Self-Regulation shows an understanding of their own feelings and others Building Relationships forms positive attachments and friendships Show sensitivity to others needs	Economic wellbeing: What is money? Where does it come from?	Economic wellbeing: Where does money come from? What does a bank/building society do?	Economic wellbeing: How do I create a budget? What are the different ways to pay?	Economic wellbeing: What is good value for money? What are my career aspirations?	Economic wellbeing: What is income and expenditure? What are the risks of borrowing money?	Economic wellbeing: How to keep money safe and what career options are available?
		Citizenship: Why do we have rules? What happens if we don't follow them?	Citizenship: How do school councils work? What's the best way to voice an opinion?	Citizenship: What rights do children have? What is democracy?	Citizenship: What are human rights? How do I care for the community?	Citizenship: What is the justice system? How does parliament work?	Citizenship: How is diversity valued?