



PSHE and RSE overview

Strands

- Being Me in my world
- Celebrating Differences
- Goals and Dreams
- Healthy Me
- Relationships
- Changing Me

British Values

- Mutual Respect
- Tolerance of other faiths and cultures
- Individual Liberty
- Democracy
- Rule of Law

Nursery



PSHE and RSE overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Being me in my world F1 P1 Who? Me? (BV Mutual respect)	TT Story Sessions: Handmade With Love (BV respect)	TT M2 U1 Session 1: Role Model	TT M2 U2 Session 1: Who's who	TT M2 U3 Session 1: Safe inside and out	TT M3 U1 SESSION 1 God is love (BV Mutual respect)
2	Being me in my world F1 P2 How am I feeling today?	Celebrating differences F1 P1 What I am good at (BV Mutual respect)	Dreams and Goals F1 P1 Challenge (BV Individual Liberty)	TT M2 U2 Session 2: You've got a friend in me	TT M2 U3 Session 2: My body my rules	TT M3 U1 Session 2 Loving God loving others (BV Mutual respect)
3	Being me in my world F1 P3 Being at Nursery	Celebrating differences F1 P2 I'm special, I'm me (BV Mutual respect)	Dreams and Goals F1 P2 Never giving up(BV Individual Liberty)	TT M2 U2 Session 3: Forever Friends	TT M2 U3 Session 3: Feeling poorly	TT M3 U2 Session 1 Me you us
4	Being me in my world F1 P4 Gentle hands (BV Mutual respect)	Celebrating differences F1 P3 Families (BV Mutual respect/ Tolerance of faiths)	Dreams and Goals F1 P3 Setting a goal (BV Individual Liberty)	Healthy Me F1 P1 Everybody's body	TT M2 U3 Session 4: People who help us	Relationships F1 P6 Being the best friend I can be.
5	Being me in my world F1 P5 Our rights (Individual Liberty)	Celebrating differences F1 P4 Houses and homes (BV Mutual respect/ Tolerance of faiths)	Dreams and Goals F1 P4 Obstacles and support (BV Individual Liberty)	Healthy Me F1 P2 We like to move it, move it	Relationships F1 P1 My family and me	Changing Me F1 P3 Growing Up
6	Being me in my world F1 P6 Our responsibilities (BV Individual Liberty)	Celebrating differences F1 P5 Making friends	Dreams and Goals F1 P5 Flight to the future (BV Individual Liberty)	Healthy Me F1 P3 Food glorious food	Relationships F1 P2 Make friends, make friends	Changing Me F1 P5 Fun and Fears
7		Celebrating differences F1 P6 Standing up for ourselves (BV Mutual respect/ Tolerance of faiths)		Healthy Me F1 P4 Sweet Dreams	Relationships F1 P4 Falling out and bullying	Changing Me F1 P6 Celebrations
Visitor/event		Anti-bullying week	Cyber safety day		Faith focus week (Diwali)	NSPCC - Assembly

Reception



PSHE and RSE overview

Year 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Being me in my world F2 P1 Who? Me?	TT Story Sessions: Handmade With Love (BV respect)	TT M1 U2 Session 1: I Am Me (BV respect)	TT M1 U3 Session 1: I Like, You Like, We All Like! (BV respect)	Healthy Me F2 P5 Keeping Clean	Relationships F2 P2 Make friends, make friends, never ever break friends
2	Being me in my world F2 P2 How am I feeling today?	Celebrating differences F2 P1 What I am good at	TT M1 U2 Session 2: Heads, Shoulders, Knees and Toes	TT M1 U3 Session 2: All the feelings	Healthy Me FS P6 Stranger Danger	Relationships F2 P4 Falling out and bullying
3	Being me in my world F2 P3 Being at school	Celebrating differences F2 P2 I'm special, I'm me	TT M1 U2 Session 3: Ready Teddy?	TT M1 U3 Session 3: Let's Get Real	TT M1 U4 Session 1: Growing Up	Relationships F2 P6 Being the best friend we can be.
4	Being me in my world F2 P4 Gentle hands	Celebrating differences F2 P3 Families	Dreams and Goals F2 P1 Challenge (BV Individual Liberty)	Healthy Me F2 P1 Everybody's body	TT M3 U1 Session 1: God is Love (BV respect)	Changing Me F2 P1 My body
5	Being me in my world F2 P5 Our rights	Celebrating differences F2 P4 Houses and homes	Dreams and Goals F2 P2 Never giving up (BV Individual Liberty)	Healthy Me F2 P2 We like to move it, move it	TT M3 U1 Session 2: Loving God, Loving Others (BV respect)	Changing Me F2 P3 Growing Up
6	Being me in my world F2 P6 Our responsibilities	Celebrating differences F2 P5 Making friends	Dreams and Goals F2 P3 Setting a goal (BV Individual Liberty)	Healthy Me F2 P3 Food glorious food	TT M3 U 2 session 1 Me, you, us	Changing Me F2 P4 Fun and Fears
7		Celebrating differences F2 P6 Standing up for ourselves	Dreams and Goals F2 P5 Flight to the future (BV Individual Liberty)	Healthy Me F2 P4 Sweet Dreams		Changing Me F2 P6 Celebration
Visitor/event		Anti-bullying week	Cyber safety day		Faith focus week	NSPCC Assembly



PSHE and RSE overview

Year 2

Week	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Being me in my world P1 Hopes and fears	TT M1 U1 Story session: Let the children come	TT M1 U2 I am unique (BV Mutual respect)	TT M1 U3 Feelings, Likes and Dislikes (BV Mutual respect)	TT M1 U4 The cycle of life	GG The Law – The Law is a set of rules A2 The law is in our lives every day.
2	Being me in my world P1 Special responsibilities (BV IL)	Celebrating differences The children come bullying happen? (BV IL)	TT M2 U2 Session 1 and special people	TT M2 U3 Feeling in about safe	Relationships Session 1 Three in Families	Relationships Some people have all about the law (Rule of law)
3	Being me in my world P3/4 Rewards and consequences (BV IL/ROL)	TT M2 U1 God loves you	TT M2 U2 Session 2 Treat others well Clean and Healthy (BV Mutual respect)	TT M2 U3 Session 2 Good and bad Susie gets angry	Relationships? P2 Keeping safe – physical	Relationships P2 Making friends members of parliament
4	Being me in my world P3 Rights and responsibilities	Celebrating differences P1 The same as (BV MR)	TT M2 U2 Session 3 And say sorry	TT M2 U3 Session 3 Physical contact	Relationships P2 Keeping safe – physical	Relationships P3 greetings
5	Being me in my world P5 One learning and Rewards and feeling proud (BV IL)	Celebrating differences P2 Different from (BV MR)	Dreams and Goals (BV Mutual respect)	Healthy Me P1 Being safe	Relationships P2 Healthy Choices	TT M3 U1 Three in one Relationships P5 Being my own best friend
6	Celebrating differences P1 Good and bad (BV IL/ROL)	Celebrating difference P3 What is bullying? (BV IL)	Dreams and Goals P2 More than Goals (BV Ethics)	Healthy Me Session 5 Can you help me? Relaxed	Relationships P2 Secrets and Healthy	Relationships P2 Who is my friend Celebrating
7	Celebrating differences P2 Good and bad (BV MR)	Celebrating difference P4 What do I do about bullying? (BV IL)	Dreams and Goals P3 Learning with others	Healthy Me Session 6 Can You help me? safety	Relationships P3 Medicine and Safety	Emotions Workshop -CR
8	(BV ROL) Workshop -CR	Celebrating difference P5 Making new friends	Dreams and Goals P4 Stretchy learning	Healthy Me P4/P5 Healthy eating	Relationships P4 Making my special Relationships P4 Safety	Emotions Workshop -CR
Visitor/event		Anti-bullying week	Cyber safety day		Faith focus week	NSPCC - Assembly



PSHE and RSE overview

Year 3

Week	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Being me in my world P1 Getting to know each other	Celebrating differences P4 Witness and solutions BV IL/MR	TT M2 U2 Family, friends and others	Healthy Me P5 Being safe at home	TT M2 U3 U1 A community of love	Relationships P5 Being a global citizen
2	Being me in my world P2 My nightmare school	Celebrating differences P5 Words that harm IL/MR	TT M2 U2 When things get bad	Healthy Me P6 My amazing body	TT M2 U3 What is the Church?	Relationships P6 My web of relationships
3	Being me in my world P3 Our dream school	Celebrating differences P6 Compliments	Dreams and goals P1 Dreams and goals BV IL	TT M2 U3 Sharing online	TT M3 U2 How do I love others?	GG Cultural diversity in the UK: A1 What is cultural diversity (BV ToOFC/MR)
4	Being me in my world P4 Rewards and consequences BV IL/ROL	TT M1 U1 Story sessions: Get Up	Dreams and goals P2 My dreams and ambitions BV IL	TT M2 U3 Chatting online	Relationships P1 Family roles and responsibilities	GG Cultural diversity in the UK: A2 Commonwealth connections (BV ToOFC/MR)
5	Celebrating differences P1 Families BV MR	TT M1 U1 The sacraments	Dreams and goals P3 A new challenge BV IL	TT M2 U3 Safe in my body	Relationships P2 Friendships	GG Cultural diversity in the UK: A3 Sharing our cultures (ToOFC/MR)
6	Celebrating differences P2 Family conflict	TT M2 U1 Story session: Jesus my friend	Healthy Me P1 Being fit and healthy	TT M2 U3 Drugs, alcohol and tobacco	Relationships P3 Keeping myself safe	Changing Me P6 Looking ahead
7	Celebrating differences P3 Witness and feelings BV IL/MR	Emotions Workshop -CR	Healthy Me P4 Being safe	TT M2 U3 First Aid heroes	Relationships P4 Being a global citizen	Emotions Workshop -CR
Visitor/event		Anti-bullying week	Cyber safety day Relaxation workshop		Faith focus week	NSPCC - Assembly

Year 4



PSHE and RSE overview

Week	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	<p>TT M1 U2 Story session: Celebrating differences</p>	<p>Celebrating differences</p>	<p>TT M1 U2 Under pressure</p>	<p>Dreams and Goals</p>	<p>TT M1 U4 The Trinity</p>	<p>Relationships</p>
2	<p>Being me in my world</p>	<p>Celebrating differences</p>	<p>TT M1 U2 Respecting our</p>	<p>P5 999 and Goals</p>	<p>TT M1 U4 Life cycles</p>	<p>P2 Celebrating our family of love</p>
3	<p>Being me in my world</p>	<p>Celebrating differences</p>	<p>TT M1 U2 What is puberty?</p>	<p>TT M1 U3 What are my feelings?</p>	<p>TT M1 U4 Catholic Social Teaching</p>	<p>Relationships</p>
4	<p>Being me in my world</p>	<p>Celebrating differences</p>	<p>Dreams and Goals</p>	<p>TT M1 U3 What are we looking at?</p>	<p>Healthy Me</p>	<p>Relationships</p>
5	<p>Being me in my world</p>	<p>GG Migration: A1 Why do people migrate? Push and pull factors</p>	<p>TT M1 U2 Male/female</p>	<p>TT M1 U3 I am thankful</p>	<p>GC Individual rights</p>	<p>Relationships</p>
6	<p>Celebrating differences</p>	<p>GG Migration: A2 The advantages and disadvantages of free movement</p>	<p>B1 Hopes and dreams</p>	<p>TT M2 U3 Impacted lifestyles</p>	<p>GC Individual rights</p>	<p>Relationships</p>
7	<p>Celebrating differences</p>	<p>GG Migration: A3 The advantages and disadvantages of free movement</p>	<p>Dreams and Goals</p>	<p>Healthy Me</p>	<p>GC Individual rights</p>	<p>Relationships</p>
Visitor/event		<p>Anti-bullying week</p>	<p>Cyber safety day</p>	<p>CRUSAC -safe/unsafe secrets</p>	<p>Faith focus week</p>	<p>NSPCC – Assembly</p>

Year 5



PSHE and RSE overview

Year 6

Week	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	TT M1 U1 Story session: Calming the storm	Celebrating differences P1 Am I normal?	TT M1 U2 Gifts and Talents (Mutual respect)	TT M1 U3 Body image	Relationships P2 Love and loss	Barclays: money management
2	Being me in my world P1 My year ahead	Celebrating differences P2 Understanding disability	TT M1 U2 Girls bodies	TT M1 U3 Peculiar feelings	Relationships P3 Love and loss	Barclays: money management
3	Being me in my world P2 Being a global citizens	Celebrating differences P3 Power struggles	TT M1 U2 Boys' bodies	TT M1 U3 Emotional changes	Relationships P4 Power and control	Barclays: money management
4	Young minds	Celebrating differences P4 Why bully?	TT M1 U2 Spots and sleep	TT M1 U3 Seeing stuff online	Relationships P5/P6 Being safe with technology	GG Challenging stereotypes: A1 Who do you picture? A2 Where do our ideas come from? A3 Why are stereotypes harmful? (Mutual respect)
5	Young minds	Celebrating differences P5 Celebrating difference	GG Democracy P2 A1 Who are my representatives? P2 A2 Whose problem? (Democracy)	TT M1 U4 Making babies P1&2	TT M3 U1 The Trinity	GG Challenging stereotypes: A4 Gender stereotypes
6	Young minds	GG Discrimination: A1 The Equality Act	GG Democracy P3 Why do we have laws? A1 A world without law. BV ROL	TT M1 U4 Menstruation	TT M3 U1 Catholic social teaching	GG Challenging stereotypes: The role of the media (Mutual respect)
7	Young Minds	GG Discrimination: A2 Challenging inequality	GG Democracy P3 Why do we have laws? A2 Who makes the law? A3 In an ideal world BV ROL	Relationships P1 My relationship web	TT M3 U2 Reaching out	Changing Me P6 Transition to secondary school
Visitor/event		Anti-bullying week	Cyber safety day Relaxation workshop First Aid training	CRASAC – safe/unsafe touch School nurse -periods	Magistrates visit Faith focus week	NSPCC - Assembly