

RSHE School Overview

Priority areas to cover

Questions in bold are the PSHE theme questions.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	<p>Being Safe: Building relationships and self-awareness, Making relationships, Managing feelings and behaviour, Managing self, Self-confidence</p> <p>Mental wellbeing: Managing feelings/behaviour, Self-regulation, Building relationships, In school, Familiar adults, Online, Physical development</p> <p>Internet safety and harms: E-safety day</p> <p>Physical Health and Fitness: Physical development</p> <p>Health and Prevention: Managing self, Visit from dentist</p> <p>Basic First-Aid</p>					
Year 1	<p>What helps us stay healthy?</p> <p>Mental wellbeing Drugs, Alcohol and Tobacco Health and Prevention Basic First-Aid Physical Health and Fitness</p>	<p>What is the same and different about us?</p> <p>Families and people who care for me Respectful Relationships Being Safe Changing adolescent body</p>	<p>Who is special to us?</p> <p>Families and people who care for me Respectful Relationships</p>	<p>Who helps to keep us safe?</p> <p>Online Relationships Being Safe Basic First-Aid</p>	<p>How can we look after each other and the world?</p> <p>Respectful Relationships Mental wellbeing Changing adolescent body</p>	
Year 2	<p>What helps us to stay safe?</p> <p>Online Relationships Being Safe Internet safety and harms</p>	<p>How do we recognise our feelings?</p> <p>Mental wellbeing Drugs, Alcohol & Tobacco Health and Prevention Basic First-Aid Changing adolescent body</p>	<p>What jobs do people do?</p> <p>Internet safety and harms</p>	<p>What makes a good friend?</p> <p>Caring Friendships Respectful Relationships Mental wellbeing</p>	<p>What helps us grow and stay healthy?</p> <p>Mental wellbeing Internet safety and harms Physical Health and Fitness Healthy Eating</p>	<p>What is bullying?</p> <p>Respectful Relationships Online Relationships Being Safe Mental wellbeing Internet safety and harms</p>
Year 3	<p>How can we be a good friend?</p> <p>Caring Friendships</p>	<p>What keeps us safe?</p> <p>Respectful Relationships Online Relationships Being Safe Internet safety and harms Health and Prevention</p>	<p>What are families like?</p> <p>Families and people who care for me</p>	<p>What makes a community?</p> <p>Respectful Relationships</p>	<p>Why should we keep active and sleep well?</p> <p>Physical Health and Fitness Healthy Eating Health and Prevention</p>	<p>Why should we eat well and look after our teeth?</p> <p>Healthy Eating</p>
Year 4	<p>What strengths, skills and interests do we have?</p>	<p>How do we treat each other with respect?</p> <p>Respectful Relationships Online Relationships</p>	<p>How can we manage our feelings?</p> <p>Mental wellbeing</p>	<p>How can our choices make a different to others and the environment?</p>	<p>What makes up a person's identity?</p> <p>Respectful Relationships</p>	<p>How can we manage risk in different places?</p> <p>Respectful Relationships Online Relationships</p>

		<p>Being Safe Mental wellbeing Internet safety and harms</p>	<p>Changing adolescent body</p>	<p>Respectful Relationships</p>		<p>Being Safe Internet safety and harms Drugs, Alcohol & Tobacco Health and Prevention</p>
<p>Year 5</p>	<p>How can friends communicate safely?</p> <p>Families and people who care for me Respectful Relationships Online Relationships Being Safe Internet safety and harms</p>	<p>What decisions can people make with money?</p> <p>Respectful Relationships</p> <p>What jobs would we like?</p>	<p>How can we help in an accident or emergency?</p> <p>Basic First-Aid</p>	<p>How can drugs common to everyday life affect health?</p> <p>Physical Health and Fitness Healthy Eating Drugs, Alcohol & Tobacco</p> <p>Changing adolescent body – Sex Ed lessons</p>	<p>The Changing Body</p> <p>How will we grow and change?</p> <p>Changing adolescent body</p>	
<p>Year 6</p>	<p>What will change as we become more independent? How do friendships change as we grow?</p> <p>Families and people who care for me Families and people who care for me Caring Friendships Mental wellbeing Changing adolescent body</p>	<p>How can we keep healthy as we grow?</p> <p>Mental wellbeing Internet safety and harms Physical Health and Fitness Healthy Eating Drugs, Alcohol & Tobacco Health and Prevention</p>	<p>How can the media influence people?</p> <p>Respectful Relationships Online Relationships Internet safety and harms</p> <p>Changing adolescent body – Sex Ed lessons</p>			