PSHE/RSHE School Overview

	Term 1 Determination with self-belief	Term 2 Determination with self-belief	Term 3 Respect and kindness	Term 4 Respect and kindness	Term 5 Imagination through curiosity	Term 6 Imagination through curiosity
EYFS	Self-regulation: My feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends	Managing self: My wellbeing
Cross year links	**Anchoring**	**Anchoring**	**Anchoring**	**Anchoring**	**Anchoring**	**Anchoring**
	Preparing Y1 My healthy self: How can we look after our emotions?	**Preparing** Y1 Citizenship: How can I help others and the environment?	**Preparing** Y1 My healthy self: How can we look after our emotions?	**Preparing** Y1 Staying safe: How can I stay safe?	**Preparing** Y1 How can I help myself and others feel happy and safe?	**Preparing** Y1 My healthy self: How can we look after our emotions?
Subject specific vocabulary	*Not yet available*	*Not yet available*	*Not yet available*	*Not yet available*	*Not yet available*	*Not yet available*
External learning opportunities		PC Brooker – people who help us: the police				
Year 1	My healthy self: How can we look after our emotions?	Connecting with others: How can I protect myself and others in daily life?	How can I help myself and others feel happy and safe?	Staying safe: How can I stay safe?	Citizenship: How can I help others and the environment?	The online world: How do we spend time online?
Cross year links	**Anchoring** EYFS Self-regulation and managing self	**Anchoring** EYFS Building relationships	**Anchoring** Y1 How can we look after our emotions?	**Anchoring** EYFS Self-regulation and managing self	**Anchoring** EYFS Building relationships	**Anchoring**
	Preparing Y2 My healthy self: How can we look after our bodies?	**Preparing** Y1 Staying safe: How can I stay safe?	**Preparing** Y2 Connecting with others: How can I build safe, kind and caring relationships with others?	**Preparing** Y2 Connecting with others: How can I build safe, kind and caring relationships with others?	**Preparing** Y2 Citizenship: How do people belong to a community and earn money?	**Preparing** Y2 The online world: How can we stay safe online?
Subject specific vocabulary	anger body clues disgust emotions face clues fear happiness relax sadness surprise trust trusted adult	999 dentist doctor emergency first aid germs illness injury medicine prevent protect serious spread	fair friendly lonely polite safe share strengths trusted adult unfair	body clues comfortable danger emergency harm road safety rule safe trusted adult uncomfortable unsafe 999	*Not yet available*	balance digital device healthy internet online rule safe screen time trusted adult

		unwell urgent				
External learning opportunities						
Year 2	My healthy self: How can we look after our bodies?	The online world: How can we stay safe online?	Connecting with others: How can I build safe, kind and caring relationships with others?	Growing up: How can we look after and respect our bodies as we grow?	Citizenship: How do people belong to a community and earn money?	Staying safe: How can I make safe choices in different places?
Cross year links	**Anchoring** Y1 My healthy self: How can we look after our emotions?	**Anchoring** Y1 The online world: How do we spend time online?	**Anchoring** Y1 Connecting with others: How can I protect myself and others in daily life?	**Anchoring** Y2 My healthy self: How can we look after our bodies?	**Anchoring** Y1 Citizenship: How can I help others and the environment?	**Anchoring** Y1 Staying safe: How can I stay safe?
	Preparing	**Preparing** Y3 The online world: How should we communicate online?	**Preparing** Y3 Connecting with others: What helps us feel safe and included?	**Preparing** Y3 My healthy self: How can I take care of my mind and body?	**Preparing** Y3 Citizenship: What careers do people choose and why?	**Preparing** Y4 Staying safe: What signs help me recognise what is safe or unsafe?
Subject specific vocabulary	active dentist exercise five-a-day healthy healthy habits	digital device (Y1) internet (Y1) online (Y1) private information rule (Y1) safe (Y1) sharing online trusted adult (Y1) uncomfortable (Y1)	belong bullying calm carer family	body change grow nipples penis private parts scrotum testicles trusted adult vagina vulva	*Not yet available*	*Not yet available*
External learning opportunities						
Year 3	Citizenship: What rights and responsibilities do we have?	The online world: How should we communicate online?	My healthy self: How can I take care of my mind and body?	Healthy protection: How can we prevent illness and injury and respond if they happen?	Citizenship: What careers do people choose and why?	Connecting with others: What helps us feel safe and included?
Cross year links	**Anchoring**	**Anchoring** Y2 The online world: How can we stay safe online?	**Anchoring** Y2 My healthy self: How can we look after our bodies?	**Anchoring** Y2 My healthy self: How can we look after our bodies?	**Anchoring** Y2 Citizenship: How do people belong to a community and earn money?	**Anchoring** Y2 Connecting with others: How can I build safe, kind and caring relationships with others?

	Preparing Y5 Citizenship: How can we make a difference in our communities and beyond?	**Preparing** Y4 The online world: How can I evaluate what I see online?	**Preparing** Y4 My healthy self: How can I make healthy choices?	**Preparing** Y4 My healthy self: How can I make healthy choices?	**Preparing** Y4 Citizenship: How can I spend my money wisely?	**Preparing** Y4 Connecting with others: How can we respect each other?
Subject specific vocabulary	*Not yet available*	age restriction anonymous block communicate report respect respectful screenshot trusted adult (Y1/2) online (Y1/2) internet (Y1/2)	body clues (Y1/2) bullying (Y1/2) emotions (Y1/2) face clues (Y1/2) feelings (Y3/4) health (Y3/4) mind (Y3/4) mood (Y3/4) respect (Y3/4) routine (Y3/4) safe (Y1/2) support (Y3/4) trust (Y1/2) trust team (Y3/4) trusted adult (Y1/2)	*Not yet available*	*Not yet available*	behaviour boundaries falling-out friendship relationship respect self-respect
External learning opportunities				FAB First Aid		
Year 4	My healthy self: How can I make healthy choices?	The online world: How can I evaluate what I see online?	Connecting with others: How can we respect each other?	Citizenship: How can I spend my money wisely?	Growing up: How will my body and emotions change as I grow up?	Staying safe: What signs help me recognise what is safe or unsafe?
Cross year links	**Anchoring** Y3 My healthy self: How can I take care of my mind and body?	**Anchoring** Y3 The online world: How should we communicate online?	**Anchoring** Y3 Connecting with others: What helps us feel safe and included?	**Anchoring** Y3 Citizenship: What careers do people choose and why?	**Anchoring** Y3 My healthy self: How can I take care of my mind and body?	**Anchoring** Y2 Staying safe: How can I make safe choices in different places?
	Preparing Y5 My healthy self: How can I support my mind and body as I grow?	**Preparing** Y5 The online world: How am I influenced by what I see online?	**Preparing** Y5 Connecting with others: Why are healthy relationships important?	**Preparing** Y5 Citizenship: How can we be in control of our money?	**Preparing** Y5 Growing up: How can I manage the changes to my body and emotions as I grow up?	**Preparing** Staying safe: How can I stay safe as I grow up
Subject specific vocabulary	active (Y1/2) balanced diet (Y3/4) dehydrated (Y3/4) exercise (Y1/2) fixed mindset (Y3/4) growth mindset (Y3/4)	age-restriction online content reliable search engine search result	assertive compromise disrespect manners respect self-respect	*Not yet available*	boundaries breasts periods permission physical changes puberty	alcohol boundaries cigarettes crossing current hazard/s

	health (Y3/4) hydrated (Y3/4) mental health (Y3/4) mindset (Y3/4) nutrients (Y3/4) physical health (Y3/4) resilience (Y3/4) safe (Y1/2) support (Y3/4) trust (Y1/2) trusted adult (Y1/2) trust team (Y3/4)				respect	inappropriate operator personal space pressure risks tide vape
External learning opportunities				Parents/carers career share		
Year 5	My healthy self: How can I support my mind and body as I grow?	The online world: How am I influenced by what I see online?	Connecting with others: Why are healthy relationships important?	Citizenship: How can we make a difference in our communities and beyond?	Growing up: How can I manage the changes to my body and emotions as I grow up?	Citizenship: How can we be in control of our money?
Cross year links	**Anchoring** Y4 Growing up: How will my body and emotions change as I grow up?	**Anchoring** Y4 The online world: How can I evaluate what I see online?	**Anchoring** Y4 Connecting with others: How can we respect each other?	**Anchoring** Y2 Citizenship: How do people belong to a community and earn money?	**Anchoring** Y4 Growing up: How will my body and emotions change as I grow up?	**Anchoring** Y4 Citizenship: How can I spend my money wisely?
	Preparing Y6 My healthy self: How do my choices today shape my future wellbeing?	**Preparing** Y6 The online world: How do I feel about being online?	**Preparing** Y6 Connecting with others: What does it mean to stand up for myself and others?	**Preparing**	**Preparing** Y6 Staying Safe: How can I stay safe as I grow up?	**Preparing**
Subject specific vocabulary	light activity mental health moderate activity regulate response vigorous activity	advert fact influence mislead opinion scam sponsored targeted advert	civil partnership commitment conflict influence marriage support	*Not yet available*	egg genitals hormones hygiene influence menstrual cup period pad period pants self-concious sensitive tampon womb/uterus	*Not yet available*
External learning opportunities	Yoga in the woods					

Year 6	Connecting with others: What does it mean to stand up for myself and others?	My healthy self: How do my choices today shape my future wellbeing?	Sex education: How do people become parents and carers?	The online world: How do I feel about being online?	Staying safe: How can I stay safe as I grow up?	Citizenship: How can we protect everyone's rights?
Cross year links	**Anchoring** Y4 Connecting with others: How can we respect each other?	**Anchoring** Y4 My healthy self: How can I make healthy choices?	**Anchoring** Y5 Growing up: How can I manage the changes to my body and emotions as I grow up?	**Anchoring** Y5 The online world: How am I influenced by what I see online?	**Anchoring** Y4 Staying safe: What signs help me recognise what is safe or unsafe?	**Anchoring** Y3 Citizenship: What rights and responsibilities do we have?
	Preparing	**Preparing**	**Preparing**	**Preparing**	**Preparing**	**Preparing**
Subject specific vocabulary	bystander discrimination empathy self-esteem stereotypes upstander	calories dental hygiene flossing long-term mental health regulate self-esteem short-term tooth decay	conception consent ovary pregnant sexual intercourse sperm	*Not yet available*	*Not yet available*	*Not yet available*
External learning opportunities	PC Brooker –age of criminal responsibility					PC Brooker –transition to secondary school