

## My Life: PSHE/RSHE Whole School Overview

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Whole School RSE Sorted
Autumn 1	All About Me	Feelings and Special People	Different types of families	Safety online	Nutrition and Dental Health	Body Image	Drugs and Alcohol Education	RSE Sorted (Relationships and Sex Ed.) for all Year Groups: My Feelings, My Body, My Relationships, My Beliefs, My Rights and Responsibilities, Asking for Help.  One Lesson per half term. (KS1 cover this unit in the summer term).
	My Feelings							
Autumn 2	Friendships	Staying Safe	Healthy bodies	Celebrating achievements and being resilient	Human Rights	Bereavement and Loss	Mental and Emotional Health	
	Celebrations							
Spring 1	What do people do all day	Healthy me	Feeling included	Being part of a community	Emergency Situations	Fake News	Global Sustainable Development Goals	
	Staying Safe							
Spring 2	Being Healthy	All around us	Healthy minds	Exercise	Respect	Life in Plastic	E-Safety and Social Media	
	Looking After Myself							
Summer 1	My World	Money Matters	Caring for the environment and social responsibility	Stereotypes	Money Matters	Changes in Friendships	Anti-social Behaviour and the Role of the Police and the Law	
Summer 2	Growing up	RSE Sorted	RSE Sorted	What I like	Falling out and making up	Puberty	Sex Education	

Relationships Education

Health Education

Living in the Wider World

Relationships, Health and Living in the Wider World Education

Sex Education  
Non-Statutory

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My Feelings	Pupils can identify a range of feelings and how these are expressed, including words to describe them and simple strategies for managing feelings.	Pupils are able to communicate about feelings, to recognise how others show feelings and know how to respond.	Pupils can recognise and celebrate their strengths and achievements, and set simple but challenging goals.	Pupils can identify their strengths and set aspirational goals for themselves, understanding how this contributes to self-esteem.	Pupils can recognise and respond to a wide range of emotions in themselves and others, and ways to respond.	Pupils can anticipate how their emotions may change as they approach and move through puberty.	Pupils can recognise how images in the media, including online do not always reflect reality, and can affect how people feel about themselves.
My Body	Pupils know the importance of basic personal hygiene and understand how to maintain basic personal hygiene	Pupils can correctly name the main parts of the body, including external genitalia using scientific terms.	Pupils can recognise how they grow and will change as they become older.	Pupils know how their body may change as they grow and develop, how to care for their body and celebrate uniqueness.	Pupils can reflect on how their body has changed and anticipate body changes, understanding that some are related to puberty	Pupils can anticipate how their body may change as they approach and move through puberty	Pupils can explain what sexual intercourse is and how this leads to reproduction, using the correct terms to describe the male and female organs.
My Relationships	Pupils understand that there are similarities and differences between everyone and can celebrate this.	Pupils understand the importance of listening to other people, to play and work cooperatively including strategies to resolve simple arguments through negotiation.	Pupils can recognise different types of teasing and bullying, understanding that these are wrong and unacceptable.	Pupils can recognise a wide range of relationships, including the attributes of positive, healthy relationships.	Pupils are able to judge what kind of physical behaviours and contact are acceptable and unacceptable, and ways to respond.	Pupils can identify healthy relationships and recognise the skills to manage and maintain healthy relationships.	Pupils realise the nature and consequences of discrimination, including the use of prejudice based language.
My Beliefs	Pupils can recognise what they like, dislike and feel empowered to make real, informed choices.	Pupils can identify and respect the differences and similarities between people.	Pupils can identify the ways in which people and families are unique, understanding there has never been and will never be another them.	Pupils can challenge gender stereotypes, understanding that there is not one way to be a boy, or one way to be a girl.	Pupils recognise differences and similarities between people arise from a number of factors including family and personal identity	Pupils know the correct terms associated with gender identity and sexual orientation, and the unacceptability of homophobic and transphobic bullying.	Revisit Year 5 Lessons

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My Rights and Responsibilities	Pupils understand the concept of privacy, including the right to keep things private and the right another person has to privacy.	Pupils understand how some diseases are spread, including the right to be protected from disease and the responsibility to protect others.	Pupils can judge what kind of physical contact is acceptable, comfortable, and uncomfortable and how to respond.	Pupils understand the right to protect their body from unwanted touch.	Pupils know marriage is a commitment freely entered into by both people, and that no one should marry if they don't absolutely want to or are not making the decision freely for themselves.	Pupils have strategies for keeping safe online; knowing personal information including images of themselves and others can be shared without their permission.	Revisit Year 5 Lessons
Asking For Help	Pupils can identify the special people in their lives and what makes them special and how special people care for one another.	Pupils can identify the people who look after them, who to go to if they are worried and how to attract attention.	Pupils know the difference between secrets and surprises including the importance of not keeping a secret that makes them feel uncomfortable, worried or afraid.	Pupils can identify the difference between secrets and surprise, knowing when it is right to break confidence and share a secret.	Pupils can recognise when they may need help to manage a situation and have developed the skills to ask for help.	Pupils have considered how to manage accidental exposure to explicit images, and upsetting online material, including who to talk about what they have seen.	Pupils develop the confidence and skills to know when, who and how to ask for help independently, or with support.

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