

PSHE/RSE Overview 2023-2024

| | Autumn | Spring | Summer |
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| <u>EYFS</u> | Feelings and Emotions | What makes us special? Behaviour and rules. | Looking after myself. |
| <u>Year 1</u> | Mental health and emotional wellbeing: Feelings Physical health and wellbeing: Fun times | Keeping safe and managing risk: Feeling safe Identity, society and equality: Me and others | Drug, alcohol and tobacco education: What do we put into and on to bodies? Careers, financial capability and economic wellbeing: My money |
| <u>Year 2</u> | Mental health and emotional wellbeing: Friendship Physical health and wellbeing: What keeps me healthy? | Sex and relationship education: Boys and girls, families | Drug, alcohol and tobacco education: Medicines and me Keeping safe and managing risk: Indoors and outdoors |
| <u>Year 3</u> | Mental health and emotional wellbeing: Strengths and challenges Identity, society and equality: Celebrating difference | Careers, financial capability and economic wellbeing: Saving, spending and budgeting Physical health and wellbeing: What helps me choose? | Keeping safe and managing risk: Bullying – see it, say it, stop it Drug, alcohol and tobacco education: Tobacco is a drug |
| <u>Year 4</u> | Identity, society and equality: Democracy Drug, alcohol and tobacco education: Making choices | Physical health and wellbeing: What is important to me? Keeping safe and managing risk: Playing safe | Sex and relationship education: Growing up and changing |
| <u>Year 5</u> | Physical health and wellbeing: In the media Identity, society and equality: Stereotypes, discrimination and prejudice (including tackling homophobia) | Keeping safe and managing risk: When things go wrong Mental health and emotional wellbeing: Dealing with feelings | Careers, financial capability and economic wellbeing: Borrowing and earning money Drug, alcohol and tobacco education: Different influences |
| <u>Year 6</u> | Sex and relationship education: Healthy relationships / How a baby is made | Mental health and emotional wellbeing: Healthy minds Keeping safe and managing risk: out and about | Drug, alcohol and tobacco education: Weighing up risk Identity, society and equality: Human rights |