



# PSHE/RSE Coverage Overview YrR - Yr4



EYF S	Autumn		Spring		Summer	
	<b>Me and My Relationships</b> What makes me special People close to me Getting help	<b>Rights and Respect Similarities and difference</b>  Celebrating difference Showing kindness	<b>Being My Best Keeping by body</b>  healthy – food, exercise, sleep Growth Mindset	<b>Growing and Changing Cycles</b>  Life stages Girls and boys – similarities and difference	<b>Valuing Differences</b>  Similarities and difference Celebrating difference Showing kindness	<b>Keeping Safe</b>  Keeping my body safe Safe secrets and touches People who help to keep us safe

Year A	Autumn			Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	
<b>KS1 (Y 1 &amp; 2)</b> Program follows Year 2	<b>Me and My Relationships</b>  Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	<b>Rights and Respect Similarities and difference</b>  Cooperation Self-regulation Online safety Looking after money – saving and spending	<b>Being My Best Keeping by body</b>  Growth Mindset Looking after my body Hygiene and health Exercise and sleep	<b>Growing and Changing Cycles</b>  Life cycles Dealing with loss Being supportive Growing and changing Privacy	<b>Valuing Differences</b>  Being kind and helping others Celebrating difference People who help us Listening Skills	<b>Keeping Safe</b>  Safe and unsafe secrets Appropriate touch Medicine safety	
<b>LKS2 (Y3 &amp; 4)</b> Program follows Year 3	<b>Me and My Relationships</b>  Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	<b>Rights and Respect Similarities and difference</b>  Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	<b>Being My Best Keeping by body</b>  Keeping myself healthy and well Celebrating and developing my skills Developing empathy	<b>Growing and Changing Cycles</b>  Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets	<b>Valuing Differences</b>  Recognising and respecting diversity Being respectful and tolerant My community	<b>Keeping Safe</b>  Safe and unsafe secrets Appropriate touch Medicine safety Decision-making skills Drugs and their risks Staying safe online	

EYF S	Autumn		Spring		Summer	
	<b>Me and My Relationships</b>  What makes me special People close to me Getting help	<b>Rights and Respect Similarities and difference</b>  Celebrating difference Showing kindness	<b>Being My Best Keeping by body</b>  healthy – food, exercise, sleep Growth Mindset	<b>Growing and Changing Cycles</b>  Life stages Girls and boys – similarities and difference	<b>Valuing Differences</b>  Similarities and difference Celebrating difference Showing kindness	<b>Keeping Safe</b>  Keeping my body safe Safe secrets and touches People who help to keep us safe

Year B	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>KS1 (Y1 &amp; 2)</b> Program follows Year 1	<b>Me and My Relationships</b>  Feelings Getting help Classroom rules Special people Being a good friend	<b>Rights and Respect Similarities and difference</b>  Taking care of things: Myself My money My environment	<b>Being My Best Keeping by body</b>  Growth Mindset Healthy eating Hygiene and health Cooperation	<b>Growing and Changing Cycles</b>  Getting help Becoming independent My body parts Taking care of self and others	<b>Valuing Differences</b>  Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	<b>Keeping Safe</b>  How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep
<b>LKS2 (Y3 &amp; 4)</b> Program follows Year 4	<b>Me and My Relationships</b>  What makes me special People close to me Getting help	<b>Rights and Respect Similarities and difference</b>  Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	<b>Being My Best Keeping by body</b>  Having choices and making decisions about my health Taking care of my environment My skills and interests	<b>Growing and Changing Cycles</b>  Body changes during puberty Managing difficult feelings Relationships including marriage	<b>Valuing Differences</b>  Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	<b>Keeping Safe</b>  Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety