



Halam Church of England Primary School

PSHE and RSE Overview

Cycle A

	Autumn		Spring		Summer	
EY Y1 Y2	Relationships What is the same/different about us?	Relationships Who is special to us?	Health and wellbeing Who helps to keep us safe?	Health and wellbeing What helps us to stay healthy?	Living in the wider world How can we look after each other and the world? RSE: the human life cycle Everybody's body	Living in the wider world What can we do with money? RSE: the human life cycle Everybody's body
Y3 Y4	Relationships How can we be a good friend?	Health and wellbeing What keeps us safe?	Relationships What are families like?	Living in the wider world What makes a community?	Health and wellbeing Why should we eat well and look after our teeth? RSE Y4: Puberty: Time to change, menstruation and wet dreams, personal hygiene, emotions and feelings	Health and wellbeing Why should we keep active and sleep well? RSE Y4: Puberty: Time to change, menstruation and wet dreams, personal hygiene, emotions and feelings
Y5 Y6	Health and wellbeing What makes up a person's identity?	Living in the wider world What decisions can people make with money?	Living in the wider world How can the media influence people?		Health and wellbeing How can drugs common to every day life affect life? RSE: Y6: Puberty, recap and review, change and becoming independent. Positive healthy relationships. How babies are made?	Living in the wider world What jobs would we like? RSE: Y6: Puberty, recap and review, change and becoming independent. Positive healthy relationships. How babies are made?



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Cycle B

	Autumn		Spring		Summer	
EY Y1 Y2	Relationships What makes a good friend?	Relationships What is bullying?	Health and wellbeing How do we recognise our feelings?	Health and wellbeing What helps us grow and stay healthy?	Health and wellbeing What helps us stay safe?	Living in the wider world What jobs do people do?
Y3 Y4	Health and wellbeing What strengths, skills and interests do we have?	Relationships How do we treat each other with respect?	Health and wellbeing How can we manage our feelings?	Health and wellbeing How will we grow and change?	Living in the wider world How can our choices make a difference to others and the environment? RSE Y4: Puberty: Time to change, menstruation and wet dreams, personal hygiene, emotions and feelings	Health and wellbeing How can we manage risk in different places? RSE Y4: Puberty: Time to change, menstruation and wet dreams, personal hygiene, emotions and feelings
Y5 Y6	Health and wellbeing How can we keep healthy as we grow?		Health and wellbeing How can we help in an accident or emergency?	Relationships How can friends communicate safely?	Relationships What will change as we become more independent? How do friendships change as we grow? RSE: Y6: Puberty, recap and review, change and becoming independent. Positive healthy relationships. How babies are made?	