

PSHE & RSE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Goldfinches	Self-regulation (My feelings)	Building relationships (Special relationships)	Managing Self (Taking on challenges)	Self-regulation (Listening & following instructions)	Building relationships (My family & friends)	Managing self (My wellbeing)
Woodpeckers Year A	My healthy self: How can we look after our bodies?	Connecting with others: How can I help myself & others feel happy & safe?	The online world: How do we spend time online?	Citizenship: How can I help others and the environment?	Health protection: How can I protect myself & others in daily life?	Staying safe: How can I stay safe?
Woodpeckers Year B	My healthy self: How can we look after our emotions?	Connecting with others: How can I build safe, kind & caring relationships with others?	The online world: How can we stay safe online?	Citizenship: How do people belong to a community & earn money?	Growing up: How can we look after & respect our bodies as we grow?	Staying safe: How can I make safe choices in different places?
Kingfisher Year A	My healthy self: How can I take care of my mind & body?	Connecting with others: What helps us feel safe & included?	The online world: How should we communicate online?	Citizenship: What rights & responsibilities do we have?	Health protection: How can we prevent illness & injury & respond if they happen?	Citizenship: What careers do people choose & why?
Kingfisher Year B	My healthy self: How can I make health choices?	Connecting with others: How can we respect each other?	The online world: How can I evaluate what I see online?	Citizenship: How can I spend my money wisely?	Growing up: How will my body & emotions change as I grow up?	Staying safe: What signs help me recognise what is safe or unsafe?
Ravens Year A	My healthy self: How can I support my mind and body as I grow?	Connecting with others: Why are healthy relationships important?	The online world: How am I influenced by what I see online?	Citizenship: How can we make a difference in our communities & beyond?	Growing up: How can I manage the changes to my body & emotions as I grow up?	Citizenship: How can we be in control of our money?
Ravens Year B	My healthy self: How do my choices today shape my future wellbeing?	Connecting with others: What does it mean to stand up for myself & others?	The online world: How do I feel about being online?	Citizenship: How can we protect everyone's right?	Staying safe: How can I stay safe as I grow up?	Sex education: How do people become parents & carers? (Y6) First Aid