



PSHE & Relationship and Health Education Overview Whole School

	Autumn			Spring			Summer		
	Families and Relationships	Self-Relationships	Respecting Others and Ourselves	Belonging to a Community	Media Literacy and Digital resilience	Money and Work	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe
EYFS	All about me and understanding feelings.	Recognising differences between us all, how we are all unique.		Caring for the world and our environment.	Keeping safe online.	Saving money.	How to be my best – trying again.	Life stages	Keeping safe
Ten: Ten Life to the Full (Catholic)					Handmade with Love – created by God out of Love (Creation Story)	I am Me Body parts Ready Teddy – healthy lifestyle.	Similarities and differences between us all. Feelings	Growing up	God is love Loving God loving others. Me, you and us.
Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online



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Ten: Ten Life to the Full (Catholic)							Let the children come – how Jesus welcomes each one of us. God loves you.	Special People Treat others well Be able to say sorry. Being safe Good and bad secrets Physical contact Harmful Substances.	Who can help us? Holy Trinity Who is my neighbour The communities we live in.
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies
Ten: Ten Life to the full (Catholic)							Let the children come – how Jesus welcomes each one of us.	Feelings likes/dislikes. Feelings inside and out Feeling angry. Cycle of life.	Who can help us? Holy Trinity Who is my neighbour



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							I am unique Girls and boys Clean and healthy body		The communities we live in.
Year 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
Ten:Ten Life to the full (Catholic)							Created by God out of Love in his own image. The Sacraments. Jesus my friend.	Friends, family and others When things feel bad what can I do. Sharing online Chatting online Safe in my body Drugs, alcohol and tobacco First Aid	A Community of Love What is the Church How do I love others?
Year 4	Positive friendships, including online	Responding to hurtful behaviour; managing	Respecting differences and similarities;	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and	Maintaining a balanced lifestyle; oral	Physical and emotional changes in puberty;	Medicines and household products; drugs



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		confidentiality; recognising risks online	discussing difference sensitively			keeping money safe	hygiene and dental care	external genitalia; personal hygiene routines; support with puberty	common to everyday life
Ten:Ten Life to the full (Catholic)							Created by God out of Love in his own image. Don't have to be the same Respecting our bodies Puberty Our bodies Female/Male discussion groups.	What am I feeling What am I looking at? I am thankful	Life cycles A Community of Love What is the Church? How do we love others?
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices;	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM



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						workplace stereotypes			
Ten:Ten Life to the full (Catholic)							Calming the storm Hearing God	Under pressure and how to deal with it. Self-talk Sharing isn't always caring Cyberbullying	Types of abuse Impacted lifestyles Making good choices Giving assistance The Holy Trinity Catholic Socialist Teaching Reaching out
Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media
Ten:Ten Life to							Calming the storm	Body image Peculiar feelings	The Holy Trinity



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the full (Catholic)							Gifts and talents Girls bodies Boys bodies Spots and sleep	Emotional changes Seeing stuff online Making babies Menstruation	Catholic Socialist Teaching Reaching out
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