

Learning for Life (PSHE & RSE) Overview

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Year A	Year B	Year A	Year B	Year A	Year B	Year A	Year B	Year A	Year B	Year A	Year B
EYFS (Earth)	Self-regulation: My feelings		Building relationships: Special relationships		Managing self: Taking on challenges		Self-regulation: Listening and following instructions		Building relationships: My family and friends		Managing self: My wellbeing	
KS1 (Air)	My healthy self: How can we look after our emotions?	My healthy self: How can we look after our bodies?	Connecting with others: How can I help myself and others feel happy and safe?	Connecting with others: How can I build safe, kind and caring relationships with others?	The online world: How do we spend time online?	The online world: How can we stay safe online?	Citizenship: How can I help others and the environment?	Citizenship: How do people belong to a community and earn money?	Health protection: How can I protect myself and others in daily life?	Staying safe: How can I stay safe?	Growing up: How can we look after and respect our bodies as we grow?	Staying safe: How can I make safe choices in different places?
LKS2 (Water)	My healthy self: How can I take care of my mind and body?	My healthy self: How can I make healthy choices?	Connecting with others: What helps us feel safe and included?	Connecting with others: How can we respect each other?	The online world: How should we communicate online?	The online world: How can we decide what to trust online?	Citizenship: What rights and responsibilities do we have?	Citizenship: How can I spend money responsibly?	Health protection: How can we prevent illness and injury and respond if they happen?	Citizenship: What careers do people choose and why?	Growing up: How will my body and emotions change as I grow up?	Staying safe: What signs help me recognise what is safe or unsafe?
UKS2 (Fire)	My healthy self: How can I support my mind and body as I grow?	My healthy self: How do my choices today shape my future health?	Connecting with others: Why are healthy relationships important?	Connecting with others: What does it mean to stand up for myself and others?	The online world: How am I influenced by what I see online?	The online world: How do I feel about the things I see online?	Citizenship: How can we make a difference in our communities and beyond?	Citizenship: How can we protect everyone's rights?	Citizenship: How can we be in control of our money?	Staying safe: How can I stay safe as I grow up?	Growing up: How can I manage the changes to my body and emotions as I grow up?	First Aid Unit Sex education (Optional Unit): How do people become parents and carers?