

## RSHE School Overview

### Priority areas to cover

Questions in bold are the PSHE theme questions.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Reception</b>	<p><b>Being Safe:</b> Building relationships and self-awareness, Making relationships, Managing feelings and behaviour, Managing self, Self-confidence</p> <p><b>Mental wellbeing:</b> Managing feelings/behaviour, Self-regulation, Building relationships, In school, Familiar adults, Online, Physical development</p> <p>Internet safety and harms: E-safety day</p> <p><b>Physical Health and Fitness:</b> Physical development</p> <p>Health and Prevention: Managing self, Visit from dentist</p> <p>Basic First-Aid</p>					
<b>Year 1</b>	<p><b>What helps us stay healthy?</b></p> <p><b>Mental wellbeing</b> Drugs, Alcohol and Tobacco Health and Prevention Basic First-Aid <b>Physical Health and Fitness</b></p>	<p><b>What is the same and different about us?</b></p> <p>Families and people who care for me <b>Respectful Relationships</b> <b>Being Safe</b> Changing adolescent body</p>	<p><b>Who is special to us?</b></p> <p>Families and people who care for me <b>Respectful Relationships</b></p>	<p><b>Who helps to keep us safe?</b></p> <p>Online Relationships <b>Being Safe</b> Basic First-Aid</p>	<p><b>How can we look after each other and the world?</b></p> <p><b>Respectful Relationships</b> <b>Mental wellbeing</b> Changing adolescent body</p>	
<b>Year 2</b>	<p><b>What helps us to stay safe?</b></p> <p>Online Relationships <b>Being Safe</b> Internet safety and harms</p>	<p><b>How do we recognise our feelings?</b></p> <p><b>Mental wellbeing</b> Drugs, Alcohol &amp; Tobacco Health and Prevention Basic First-Aid Changing adolescent body</p>	<p><b>What jobs do people do?</b></p> <p>Internet safety and harms</p>	<p><b>What makes a good friend?</b></p> <p>Caring Friendships <b>Respectful Relationships</b> <b>Mental wellbeing</b></p>	<p><b>What helps us grow and stay healthy?</b></p> <p><b>Mental wellbeing</b> Internet safety and harms <b>Physical Health and Fitness</b> Healthy Eating</p>	<p><b>What is bullying?</b></p> <p><b>Respectful Relationships</b> Online Relationships <b>Being Safe</b> <b>Mental wellbeing</b> Internet safety and harms</p>
<b>Year 3</b>	<p><b>How can we be a good friend?</b></p> <p>Caring Friendships</p>	<p><b>What keeps us safe?</b></p> <p><b>Respectful Relationships</b> Online Relationships <b>Being Safe</b> Internet safety and harms Health and Prevention</p>	<p><b>What are families like?</b></p> <p>Families and people who care for me</p>	<p><b>What makes a community?</b></p> <p><b>Respectful Relationships</b></p>	<p><b>Why should we keep active and sleep well?</b></p> <p><b>Physical Health and Fitness</b> Healthy Eating Health and Prevention</p>	<p><b>Why should we eat well and look after our teeth?</b></p> <p>Healthy Eating</p>
<b>Year 4</b>	<p><b>What strengths, skills and interests do we have?</b></p>	<p><b>How do we treat each other with respect?</b></p> <p><b>Respectful Relationships</b> Online Relationships <b>Being Safe</b> <b>Mental wellbeing</b> Internet safety and harms</p>	<p><b>How can we manage our feelings?</b></p> <p><b>Mental wellbeing</b> Changing adolescent body</p>	<p><b>How can our choices make a different to others and the environment?</b></p> <p><b>Respectful Relationships</b></p>	<p><b>How can we manage risk in different places?</b></p> <p><b>Respectful Relationships</b> Online Relationships <b>Being Safe</b> Internet safety and harms Drugs, Alcohol &amp; Tobacco Health and Prevention</p>	<p><b>How will we grow and change?</b></p> <p>Changing adolescent body</p>

<p>Year 5</p>	<p><b>What makes up a person's identity?</b></p> <p>Respectful Relationships</p>	<p><b>How can friends communicate safely?</b></p> <p>Families and people who care for me  Respectful Relationships  Online Relationships  Being Safe  Internet safety and harms</p>	<p><b>What decisions can people make with money?</b></p> <p>Respectful Relationships</p>	<p><b>How can we help in an accident or emergency?</b></p> <p>Basic First-Aid</p>	<p><b>How can drugs common to everyday life affect health?</b></p> <p>Physical Health and Fitness  Healthy Eating  Drugs, Alcohol &amp; Tobacco</p> <p>Changing adolescent body – Sex Ed lessons</p>	<p><b>What jobs would we like?</b></p>
<p>Year 6</p>	<p><b>What will change as we become more independent?  How do friendships change as we grow?</b></p> <p>Families and people who care for me  Families and people who care for me  Caring Friendships  Mental wellbeing  Changing adolescent body</p>	<p><b>How can we keep healthy as we grow?</b></p> <p>Mental wellbeing  Internet safety and harms  Physical Health and Fitness  Healthy Eating  Drugs, Alcohol &amp; Tobacco  Health and Prevention</p>	<p><b>How can the media influence people?</b></p> <p>Respectful Relationships  Online Relationships  Internet safety and harms</p> <p>Changing adolescent body – Sex Ed lessons</p>			