St Sebastians

PSHE and RSE Curriculum Overview

PSHE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
All year groups (EYFS follow Early Learning Goals)	**Family & relationships**	**Health & Wellbeing**	**Safety & the changing body (RSE Unit)**	**Citizenship**	**Economic Wellbeing**	**Spirituality**
Y1	My Healthy Self How can we look after our emotions?	**Stating Safe** How can I help myself and others feel happy and 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 and other during daily life?	**Staying Safe** How can I stay safe?
Y2	**My Healthy Self** How can we look after our bodies?	**Connecting with Others** How can I build safe, kind and caring relationships with others	**The Online world** How can we stay safe online?	**Citizenship** How do people belong to a community and earn money?	**Growing Up** How can we look after and respect our bodies as we grow up? (RSE Unit)	Staying Safe How can I make safe choices in different places?
Y3	**My Healthy Self** How can I take care of my mind and body?	**Connecting with others** What makes us feel safe and included?	**The Online World** How should we communicate online?	**Citizenship** What rights and responsibilities do we have?	**Health Protection** How can we prevent illness and injury and respond of they happen?	**Citizenship** What careers do people choose and why?
Y4	**My Healthy Self** How can I make healthy choices?	**Connecting with others** Ho can we respect each other?	**The online world** How can we decide what to trust online?	**Citizenship** How can I spend money responsibly?	**Growing up (Y4)** How will my body and emotions change as I Grow up? **(RSE Unit)**	**Staying Safe** What signs help me recognise what is safe and unsafe?
Y5	**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 to our communities and beyond?	**Growing up** How can I manage the changes to my body as I grow up? **(RSE Unit)**	**Citizenship** How can we be in control of our money?
Y6	**My Healthy Self** How do my choices today shape my future health?	**Connecting with Others** What does it mean to stand up for myself and others?	**The Online World** How do I feel about the things I see online?	**Citizenship** How can we protect everyone's rights?	**Staying Safe** How can I stay as I grow up?	**Sex Education** **How do people become parents and carers?** **(RSE Unit)**