PSHE including RSE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	**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
Year 1	**My healthy self:** How can we look after our emotions?	**Connecting with others:** 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 others in daily life?	**Staying safe:** How can I stay safe?
Year 2	**My healthy self:** How can we look after our bodies?	**Connecting with others:** How can I build safe, kind and caring relationships?	**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?	**Staying safe:** How can I make safe choices in different places?
Year 3	**My healthy self:** How can I take care of my mind and body?	**Connecting with others:** What helps 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 if they happen?	**Citizenship:** What careers do people choose and why?
Year 4	**My healthy self:** How can I make healthy choices?	**Connecting with others:** How can we respect each other?	**The online world:** How can we decide what to trust online?	**Citizenship:** How can I spend my money wisely?	**Growing up:** How will my body change as I grow up?	**Staying safe:** What signs help me recognise what is safe or unsafe?
Year 5	**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 and beyond?	**Growing up:** How can I manage the changes to my body and emotions as I grow up?	**Citizenship:** How can we be in control of our money?
Year 6	**My healthy self:** How do my choices today shape my future?	**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 safe as I grow up?	**Sex education** How do people become parents and carers?