**PSHE and RSHE Curriculum Overview**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Me and My Relationships** | **Valuing Differences** | **Keeping Myself Safe** | **Rights and Responsibilities** | **Being my Best** | **Growing and Changing** |
| **Year 3 / 4 – Cycle A** | * As a rule
* My special pet
* Tangram team challenge
* Looking after our special people
* How can we solve this problem?
* Dan's dare
* Considering others points of view
* Friends are special
 | * Family and friends
* My community
* Respect and challenge
* Our friends and neighbours
* Let's celebrate our differences
* Zeb
 | * Safe or unsafe?
* Danger or risk?
* The Risk Robot
* Alcohol and cigarettes: the facts
* Super Searcher
* None of your business!
* Raisin challenge (1)
* Help or harm?
 | * Our helpful volunteers
* Helping each other to stay safe
* Recount task
* Harold's environment project
* Can Harold afford it?
* Earning money
 | * Derek cooks dinner! (healthy eating)
* Poorly Harold
* For or against?
* I am fantastic!
* Getting on with your nerves!
* Body team work
* Top talents
 | * Relationship Tree
* Body space
* Secret or surprise?
* Basic first aid
* *My changing body (Year 4 only)*
* *My feelings are all over the place! (Year 4 only)*
* *Preparing for Periods (Year 4 girls only)*
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| **Year 3 / 4 – Cycle B** | * An email from Harold!
* Ok or not ok? (part 1)
* Ok or not ok? (part 2)
* Human machines
* Different feelings
* When feelings change
* Under pressure
 | * Can you sort it?
* Islands
* Friend or acquaintance?
* What would I do?
* The people we share our world with
* That is such a stereotype!
 | * Danger, risk or hazard?
* Picture Wise
* How dare you!
* Medicines: check the label
* Know the norms
* Keeping ourselves safe
* Raisin challenge (2)
 | * Who helps us stay healthy and safe?
* It's your right
* How do we make a difference?
* In the news!
* Safety in numbers
* Environmental organisations
* Logo quiz
* Harold's expenses
* Why pay taxes?
 | * What makes me ME!
* Making choices
* SCARF Hotel
* Harold's Seven Rs
* My school community (1)
* Basic first aid
 | * Moving house
* All change!
* Secret or surprise?
* Together
* *My changing body (Year 4 only)*
* *My feelings are all over the place! (Year 4 only)*
* *Preparing for Periods (Year 4 girls only)*
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