**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 1 / 2 – Cycle A** | * Why we have classroom rules * Thinking about feelings * Our feelings * Feelings and bodies * Our special people balloons * Good friends * How are you listening? | * Same or different? * Unkind, tease or bully? * Harold's school rules * Who are our special people? * It's not fair! | * Healthy me * Super sleep * Who can help? (1) * Harold loses Geoffrey * What could Harold do? * Good or bad touches? * Sharing pictures | * Harold's wash and brush up * Around and about the school * Taking care of something * Harold's money * How should we look after our money? * Basic first aid | * I can eat a rainbow * Eat well * Catch it! Bin it! Kill it! * Harold learns to ride his bike * Pass on the praise! * Harold has a bad day | * Inside my wonderful body! * Taking care of a baby * Then and now * Who can help? (2) * Surprises and secrets * Keeping privates private * *My body, your body (Year 2 only)* |
| **Year 1 / 2 – Cycle B** | * Our ideal classroom (1) * Our ideal classroom (2) * How are you feeling today? * Bullying or teasing? * Don't do that! * Types of bullying * Being a good friend * Let's all be happy! | * What makes us who we are? * How do we make others feel? * My special people * When someone is feeling left out * An act of kindness * Solve the problem | * Harold's picnic * How safe would you feel? * What should Harold say? * I don't like that! * Fun or not? * Should I tell? * Some secrets should never be kept | * Getting on with others * When I feel like erupting * Feeling safe * How can we look after our environment? * Harold saves for something special * Harold goes camping * Playing games | * You can do it! * My day * Harold's postcard - helping us to keep clean and healthy * Harold's bathroom * My body needs... * What does my body do? | * A helping hand * Sam moves away * Haven't you grown! * Respecting privacy * Basic first aid * *My body, your body (Year 2 only)* |