**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)*
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