**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)* |
| **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)* |