**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 5 / 6 – Cycle A** | * Collaboration Challenge!
* Give and take
* How good a friend are you?
* Relationship cake recipe
* Being assertive
* Our emotional needs
* Communication
 | * Qualities of friendship
* Kind conversations
* Happy being me
* The land of the Red People
* Is it true?
* It could happen to anyone
 | * 'Thunking' about habits
* Jay’s dilema
* Spot bullying
* Ella's diary dilemma
* Decision dilemmas
* Play, like, share
* Drugs: true or false?
* Smoking: what is normal?
* Would you risk it?
 | * What is the story?
* Fact or opinion?
* Rights, responsibilities and duties
* Mo makes a difference
* Spending wisely
* Lend us a fiver!
* Local councils
 | * Getting fit
* It all adds up!
* Different skills
* My school community (2)
* Independence and responsibility
* Star qualities?
* Basic first aid
 | * How are they feeling?
* Taking notice of our feelings
* Dear Hetty
* Changing bodies and feelings
* Growing up and changing bodies
* It could happen to anyone
* Help! I'm a teenager - get me out of here!
* Dear Ash
* Stop, start, stereotypes
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| **Me and My Relationships** | **Valuing Differences** | **Keeping Myself Safe** | **Rights and Responsibilities** | **Being my Best** | **Growing and Changing** |
| **Year 5 / 6 – Cycle B** | * Working together
* Let's negotiate
* Solve the friendship problem
* Assertiveness skills (formerly Behave yourself - 2)
* Behave yourself
* Dan's day
* Don’t force me
* Acting appropriately
* It's a puzzle
 | * OK to be different
* We have more in common than not
* Respecting differences
* Tolerance and respect for others
* Advertising friendships!
* Boys will be boys? - challenging gender stereotypes
 | * Think before you click!
* Traffic lights
* To share or not to share?
* Rat Park
* What sort of drug is...?
* Drugs: it's the law!
* Alcohol: what is normal?
* Joes story (part 1)
* Joes story (part 2)
 | * Two sides to every story
* Fakebook friends
* What's it worth?
* Jobs and taxes
* Action stations!
* Project Pitch (parts 1 & 2)
* Happy shoppers
* Democracy in Britain 1 - Elections
* Democracy in Britain 2 - How (most) laws are made
 | * Five Ways to Wellbeing project
* This will be your life!
* Our recommendations
* What's the risk? (1)
* What's the risk? (2)
* Basic first aid
 | * Helpful or unhelpful? Managing change
* I look great!
* Media manipulation
* Pressure online
* Is this normal?
* Dear Ash
* Making babies
* What is HIV?
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