**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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|  | **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 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? |