

PSHE Subject Overview including RHE

(Some topics bridge one or more themes and other aspects are taught through science or computing as and when the circumstances require it)

Key Themes

Physical Health and Mental Wellbeing	Relationships Education	Living in the Wider World
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Taught across all areas of the curriculum through planned provision					
Reception	Rules and Responsibilities	Taught across all areas of the curriculum through planned provision				
Year 1/ 2 Cycle B	Rules and Responsibilities	Feelings - Zippy Module 1	Keeping Safe	Communication – Zippy Module 2	Healthy Lifestyles	Communities
Year 1/ 2 Cycle A	Rules and Responsibilities	Making and breaking relationships – Zippy Module 3	Changing and Growing	Conflict Resolution – Zippy Module 4	Money	Coping with loss & change- Zippy module 5
Year 3/ 4 Cycle B	Rules and Responsibilities	Healthy Lifestyles	Resilience (Bullying)	Safety (E-safety)	Similarities and Differences We cope – Zippy Module 6	Emotions
	Collaboration	Nutrition and Food				
Year 3/ 4 Cycle A	Rules and Responsibilities	Physical, Emotional and Mental Health	Economic Awareness (Managing Money)	Communication – Apple Module 2	Growing and Changing	First Aid
	Feelings – Apple Module 1					Aspirations
Year 5/ 6 Cycle B	Rights and Responsibilities	Nutrition and Food	Friendship – Apple Module 3	Safety: Drugs, Alcohol and Tobacco	Solving Problems – Apple Module 4 Include cyber bullying	Health – Physical, Emotional and Mental
Year 5/ 6 Cycle A	Rights and Responsibilities	Changes - Apple Module 5	Healthy Relationships	Aspirations	Business Enterprise and Economic Awareness	Moving Forward – Apple Module 6 Transition School Nurse Visit

