

## 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

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

