

St. Andrew's Primary school RSE & PSHE Overview

TWO YEAR ROLLING PROGRAMME CYCLE A

Term	1	2	3	4	5	6
EYFS	Self- regulation: My feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self- regulation: Listening & following instructions	Building relationships: My family & friends	Managing self: My wellbeing
1 & 2	Connecting with others: How can I help myself & others feel happy & safe?	The online world: How do we spend time online?	Citizenship: How can I protect myself and others in daily life?	Staying safe: How can I stay safe?	Connecting with others: How can I build safe, kind & caring relationships with others?	The online world: How can we stay safe online?
3 & 4	Connecting with others: What helps us feel safe & included?	The online world: How should we communicate online?	Citizenship: What careers do people choose & why?	Staying safe: What signs help me recognise what is safe & unsafe?	Connecting with others: How can we respect each other?	The online world: How can we decide what to trust online?
5 & 6	Connecting with others: Why are healthy relationships important?	The online world: How am I influenced by what I see online?	Citizenship: How can we be in control of our money?	Connecting with others: What does it mean to stand up for myself & others?	The online world: How do I feel about being online?	Staying safe: How can I stay safe as I grow up?

TWO YEAR ROLLING PROGRAMME CYCLE B

Term	1	2	3	4	5	6
EYFS	Self- regulation: My feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self- regulation: Listening & following instructions	Building relationships: My family & friends	Managing self: My wellbeing
1 & 2	My healthy self: How can we look after our emotions?	Citizenship: How can I help others & the environment?	Citizenship: How do people belong to a community & earn money?	My healthy self: How do we look after our bodies?	Growing up: How can we look after & respect our bodies as we grow?	Staying safe: How can I make safe choices in different places?
3 & 4	My healthy self: How can I take care of my mind & body?	Citizenship: What rights & responsibilities do we have?	Health protection: How can we prevent illness & injury & respond if they happen?	My healthy self: How can I make healthy choices?	Citizenship: How can I spend my money wisely?	Growing up: How will my body & emotions change as I grow up?
5 & 6	Healthy self: How can I support my mind & body as I grow?	Citizenship: How can we make a difference in our communities & beyond?	Growing up: How can I manage the changes to my body & emotions as I grow up?	My healthy self: How do my choices today shape my future health?	Citizenship: How can we protect everyone's rights?	SRE: How do people become parents & carers?