



# RSE and PHSE Curriculum Overview

|           | Autumn term 1                   | Autumn term 2                                    | Spring term 1                          | Spring term 2                                            | Summer term 1                                    | Summer term 2                  |
|-----------|---------------------------------|--------------------------------------------------|----------------------------------------|----------------------------------------------------------|--------------------------------------------------|--------------------------------|
| Reception | Self-regulation:<br>My feelings | Building relationships:<br>Special relationships | Managing self:<br>Taking on challenges | Self-regulation:<br>Listening and following instructions | Building relationships:<br>My family and friends | Managing self:<br>My wellbeing |
| Year 1    | Y1 Families and relationships   | Y1 Health and wellbeing                          | Y1 Safety and the changing body        | Y1 Citizenship                                           | Y1 Economic wellbeing                            | Y1 Transition lesson           |
| Year 2    | Y2 Families and relationships   | Y2 Health and wellbeing                          | Y2 Safety and the changing body        | Y2 Citizenship                                           | Y2 Economic wellbeing                            | Year 2:<br>Transition lesson   |
| Year 3    | Y3 Families and relationships   | Y3 Health and wellbeing                          | Y3 Safety and the changing body        | Y3 Citizenship                                           | Y3 Economic wellbeing                            | Year 3:<br>Transition lesson   |
| Year 4    | Y4 Families and relationships   | Y4 Health and wellbeing                          | Y4 Safety and the changing body        | Y4 Citizenship                                           | Y4 Economic wellbeing                            | Year 4:<br>Transition lesson   |
| Year 5    | Y5 Families and relationships   | Y5 Health and wellbeing                          | Y5 Safety and the changing body        | Y5 Citizenship                                           | Y5 Economic wellbeing                            | Year 5:<br>Transition lesson   |
| Year 6    | Y6 Families and relationships   | Y6 Health and wellbeing                          | Y6 Safety and the changing body        | Y6 Citizenship                                           | Y6 Economic wellbeing                            | Year 6:<br>Transition lesson   |

| Strands | Self-regulation | Families and relationships | Health and well-being | Safety and the changing body | citizenship | Economic Well being | Transition |
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