



PSHE and RSE Coverage



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Friendships and Rules Emotions	Asking for help Reactions	Family members Negotiation Conflict Resolution	The Worry Bag Diversity	Care and support Sun safety Similarities and differences	Aspirations Cultural Capital Different roles in life Feelings and emotions
Year 2	Class rules Belonging T and H – THRIVE lessons		Differences R and I – THRIVE lessons		Healthy life style V and E – THRIVE lessons	
Year 3	Rules Setting personal goals		Working together Emotions	Self-worth Responsible choices	Consequences Points of view	
Year 4	Health and drugs education- exploring smoking and the effect on the body		Friendships		NSPCC	
Year 5	Returning to school - changes Friendships		Politics		NSPCC Transitions	
Year 6	Attitudes to others Looking after ourselves	Celebrating differences	Healthy me	Dreams and Goals	Changing me Relationships Sex Education	