

Personal Development (PSHE and RSE) – Overview
Cycle A

Cycle A	Autumn Term			Spring Term			Summer Term		
	Health and Wellbeing	Relationships Social and Emotional	Living in the Wider World	Health and Wellbeing	Relationships Physical	Living in the Wider World	Health and Wellbeing	Relationships Spiritual	Living in the Wider World
Year One and Year Two	Using the Internet Safely	<p>Year 1 Recognise signs that I am loved in my family. (Being special and unique).</p> <p>Year 2 Joy and friendship of belonging to a diverse community.</p> <p>Link to Everyone's Welcome 'Ten Little Pirates - To play with boys and girls.</p> <p>Anti-Bullying Week</p>	<p>Diversity - Respecting Each Other – Similarities and Differences</p> <p>Exploring The Protected Characteristics.</p>	Senses – road safety	<p>Year 1 Recognise signs that I am cared for and kept safe in my family.</p> <p>Year 2 Being safe in communities.</p>	Help to Look After the Environment - Recycling – Responsible Citizens	Sun Safety	<p>Year 1 Celebrate ways that God loves and cares for us.</p> <p>Year 2 Meeting God in our communities.</p>	<p>My Family and Other Animals Similarities and Differences</p> <p>Transition</p>
Year Three and Year Four	Rules of the Internet	<p>Year 3 How friendships make us feel happy and safe.</p> <p>Year 4 Being accepted and respected.</p> <p>Links to Everyone's Welcome This is Our House' To understand what 'discrimination' means</p> <p>Anti-Bullying Week</p>	<p>A Diverse Community – Valuing Diversity</p> <p>Benefits of living in a diverse community Exploring the Protected Characteristics</p>	Managing setbacks and perceived failures – Reframing unhelpful thinking	<p>Year 3 Repairing and strengthening friendships.</p> <p>Year 4 How to treat others in a modern and diverse society.</p>	<p>Help to Look After the Environment – Recycling, Reducing and Reusing</p> <p>School Eco Council</p>	<p>Personal Identity - What contributes to who we are? (Ethnicity, gender, faith, culture, hobbies, likes and dislikes).</p> <p>Also link to personal qualities</p>	<p>Year 3 Joy and happiness of living in friendship with God and others.</p> <p>Year 4 Celebrating uniqueness and innate beauty of each of us.</p>	<p>Transition – Preparing to move to a new class and year group.</p>

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<p>Year Five and Year Six</p>	<p>Rules for personal internet safety, including social media and search engines.</p>	<p><u>Year 5</u> Emotional relationship changes as we grow and develop.</p> <p><u>Year 6</u> Stable and caring relationships at the heart of a happy family.</p> <p>Link to Everyone's Welcome – 'How to Heal A Broken Wing' - To recognise when someone needs help</p> <p>Anti-Bullying Week</p>	<p>Diversity and Difference</p> <p>Different Types of Discrimination</p> <p>Protected Characteristics</p>	<p>Building Self-esteem and confidence</p>	<p><u>Year 5</u> Physical changes in puberty. Hygiene</p> <p><u>Year 6</u> How human life is conceived.</p>	<p>Stereotypes and Media Prejudices – Discriminative behaviours</p>	<p>Body Image Skin – Hygiene Self-esteem</p> <p>Importance of Sleep</p>	<p><u>Year 5</u> The joy of growing physically and spiritually.</p> <p><u>Year 6</u> How being made in the image and likeness of God informs decisions and actions when building relationships</p>	<p>Transition Responsibilities that increasing independence brings</p>
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