

## Personal Development (PSHE and RSE) – Overview

### Cycle B

Cycle B	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 <b>Rule of Law Democracy</b>
<b>Year One and Year Two</b>	Healthy Eating, Exercise and Sleep	<p><b>Year 1</b> Recognise signs that I am loved in my family.</p> <p><b>Year 2</b> 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 – Including Staying Safe Online including age restrictions.</p> <p>Life Processes in Science</p>	<p>Respecting Each Other - British Values - Mutual Respect and Tolerance</p>	<p>Staying Safe at Home and Outside</p> <p>Storage of medicines</p> <p>Responding to emergency situations 999</p>	<p><b>Year 1</b> Recognise signs that I am cared for and kept safe in my family.</p> <p><b>Year 2</b> Being safe in communities.</p>	<p>Roles and Responsibilities</p> <p>People Who Have Made a Difference.</p> <p>Different Jobs that People Do.</p> <p>People have different strengths</p> <p>Jobs that keep us safe</p> <p>Jobs help people to earn money to pay for things.</p>	<p>Personal Hygiene - Bacteria and viruses</p> <p>Dental Hygiene</p>	<p><b>Year 1</b> Celebrate ways that God loves and cares for us.</p> <p><b>Year 2</b> Meeting God in our communities.</p>	<p>Rules that Keep Us Safe.</p> <p>Personal Responsibilities</p> <p><b>British Values:</b> Rule of Law</p> <p>Transition – Link to Swap Day</p>
<b>Year Three and Year Four</b>	Digestion and Teeth – Links to Science Oral Health and Hygiene	<p><b>Year 3</b> How friendships make us feel happy and safe.</p>	<p><b>Respectful Behaviour British Values:</b> Mutual Respect, Tolerance and Rule of Law</p>	<p>How to Respond in Emergency Situations – Basic first aid for common injuries</p> <p>Firework Safety</p> <p>Road Safety</p>	<p><b>Year 3</b> Repairing and strengthening friendships.</p> <p><b>Year 4</b></p>	<p>Money – How it's used</p> <p>Decision Making</p> <p>Budgeting</p>	<p>Drugs</p> <p>Smoking</p> <p>Respiration and Circulation</p>	<p><b>Year 3</b> Joy and happiness of living in friendship with God and others.</p> <p><b>Year 4</b></p>	<p>Rights and Responsibility</p> <p>Transition – Link to Swap Day</p>

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		<p><b>Year 4</b> Being accepted and respected.  Links to Everyone's Welcome This is Our House' To understand what 'discrimination' means  Anti-Bullying Week – Including Staying Safe Online including importance of age restrictions.</p>			<p>How to treat others in a modern and diverse society.</p>			<p>Celebrating uniqueness and innate beauty of each of us.</p>	
<b>Year Five and Year Six</b>	<p>Eating Habits – Impact of the media Fitness and Mental Health Screen Use</p>	<p><b>Year 5</b> Emotional relationship changes as we grow and develop.  <b>Year 6</b> Stable and caring relationships at the heart of a happy family.  Link to Everyone's Welcome – 'How to Heal A Broken Wing' - To recognise when someone needs help  Anti-Bullying Week – Including Staying Safe Online including importance of age restrictions.</p>	<p><b>Year 5</b> <b>Different forms of Discrimination.</b>  <b>British Values:</b> Mutual Respect and Tolerance and Rule of Law</p>	<p><b>Risks and Hazards in the Environment – Link to Crucial Crew Event</b> Strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about</p>	<p><b>Year 5</b> Physical changes in puberty. Hygiene</p> <p><b>Year 6</b> How human life is conceived.</p>	<p>Money and Emotional Wellbeing</p> <p>Being a critical consumer</p> <p>Different types of jobs including salaries.</p> <p>Explore personal goals and aspirations.</p>	<p>Diet and Exercise</p> <p>Drugs and lifestyle (illegal and legal) on body function. Including Vapes.</p> <p>Laws surrounding use of drugs.</p> <p>Why people choose to take drugs.</p> <p>Habits and the media</p> <p>Support services to help those who take drugs.</p> <p>Age Restrictions</p>	<p><b>Year 5</b> The joy of growing physically and spiritually.</p> <p><b>Year 6</b> How being made in the image and likeness of God informs decisions and actions when building relationships</p>	<p>Social, Local and National Democratic Procedures.</p> <p><b>British Values:</b> Individual Liberty and Rule of Law</p> <p>Transition – Link to Swap Day</p>