



PSHE and RSE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception:	Self-regulation – my feelings	Building relationships – special relationships	Managing self – taking on challenges	Self-regulation – listening and following instructions	Building relationships – my family and friends	Managing self – my wellbeing
Year 1	Families and Relationships	Health and wellbeing	Citizenship	Economic Wellbeing	RSE – safety and the changing body	Transition and consolidation
Year 2	Families and Relationships	Citizenship	Economic wellbeing	RSE – safety and the changing body	Health and wellbeing	Transition and consolidation
Year 3	Families and Relationships	Health and wellbeing	RSE – safety and the changing body	Economic wellbeing	RSE – Relationships and sex education	Transition and consolidation
Year 4	Families and Relationships	Health and wellbeing	Economic wellbeing	RSE – Relationships and sex education	Citizenship	Transition and consolidation
Year 5	Families and Relationships	Health and wellbeing	Economic wellbeing	Citizenship	RSE – Relationships and sex education	Transition and consolidation
Year 6	Citizenship	RSE – Relationships and sex education	Health and wellbeing	Economic wellbeing	Families and relationships	Transition and consolidation