

Goathland PSHE/RSE Two Year Overview Planning.

Year One	Autumn Term		Spring Term		Summer Term	
	Healthy and Happy Friendships	Caring and Responsibility	Similarities and Differences	Coping with change	Healthy body, Healthy mind	Families and Committed Relationships
EYFS	ELGs: Play co-operatively, take turns with others. Take account of one another's ideas about how to organise an activity.	ELGs: Say when they do or don't need help. Talk about how they and others show feelings.	ELGs: Talk confidently about their ideas.	Ask appropriate questions of others.	Describe themselves in positive terms and talk about abilities,	Yr1: What a family is (including difference and diversity between families), and why families are important and special.
Year 1 & 2	Yr1: Forming friendships and how kind or unkind behaviours impact other people.	Yr1: Identifying who our special people are and how they keep us safe.	Yr1: Similarities and differences between people and how to respect and celebrate these.	Yr1: Growing from young to old and how we have changed since we were born.	Yr1: Our bodies and the amazing things they can do. Learning the correct names for different body parts.	Yr2: The different people in our families, and how families vary.
Year 3 & 4	Yr3: Being a good friend and respecting personal space. Strategies for resilience.	Yr3: Our responsibilities and ways we can care and show respect for others. <i>Practical Emergency First Aid Training.</i>	Yr3: Respecting and valuing differences. Shared values of communities.	Yr3: Coping with feelings around the changes in our lives.	Yr3: Maintaining physical and mental wellbeing, through healthy eating, sleep and keeping clean.	Yr4: The range of relationships we experience in our everyday lives. How to understand the differences between types of relationships we encounter.
Year 5 & 6	Coping with Change Yr4: How our bodies change as we enter <u>puberty</u> , including hygiene needs and menstruation.	Yr5: How our care needs change and the effects of loneliness and isolation. Ways in which we can show care in the community. <i>Practical Emergency First Aid Training.</i>	Yr5: Celebrating strengths, setting goals and keeping ourselves safe online.	Yr6: Ways to manage the increasing responsibilities and emotional effects of life changes. (Yr5: Our unique bodies and self-acceptance: valuing our bodies and minds; lifestyle habits (including alcohol, tobacco and drugs) and their effects on wellbeing.	Busy Bodies – Health promotion resource. <i>Session 4 is non-statutory Sex Education.</i>

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	Healthy and Happy Friendships	Caring and Responsibility	Similarities and Differences	Coping with change	Healthy body, Healthy mind	Families and Committed Relationships
EYFS	ELGs: Show sensitivity to others' needs and feelings. Talk about their own and others' behaviour and its consequences.	ELGs: Works as part of a group or class, and understands and follows the rules.	ELGs: Develop confidence to speak in a familiar group.	Explain own knowledge and understanding. (Reasons for school rules)	ELGs: Develop confidence to try new activities.	ELGs: Form positive relationships with adults and other children.
Year 1 & 2	Yr2: Understanding what makes a happy friendship. Recognising personal boundaries and safe/unsafe situations <i>& NSPCC Talk Pants Resources</i>	Yr2: The different communities and groups we belong to and how we help and support one another within these.	Yr2: Exploring different strengths and abilities. Understanding and challenging stereotypes.	Yr2: Exploring how our bodies and needs change as we grow older. Aspirations and goal setting.	Yr2: Ways to stay healthy, including safe and unsafe use of household products and medicines.	Yr3: Different types of committed relationships and the basic characteristics of these.
Year 3 & 4	Yr4: Solving friendship difficulties. How to act if someone invades your privacy or personal boundaries. <i>& NSPCC Talk Pants Resources</i>	Yr4: Rights and responsibilities within families and wider society, including the UN Convention on the Rights of the Child.	Yr4: Identity and diversity. Seeing different perspectives and not making judgements based on appearance.	Healthy & Happy Friendships Yr5: Identity and peer pressure off- and online. Positive emotional health and wellbeing.	Yr4: Influences on our health and wellbeing, including friends, family and media, and awareness of how these can affect personal health choices.	Yr5: The characteristics of healthy, positive and committed relationships, and how these develop as people grow older.
Year 5 & 6	Yr6: How relationships evolve as we grow, including when transitioning to secondary school. How to cope with a wider range of emotions.	Yr6: How we can take more responsibility for self-care and who cares for us as we grow older, including at secondary school.	Yr6: Identity and behaviour online and offline. Reflecting on how people feel when they don't 'fit in'.	Yr5: How <u>puberty</u> changes can affect our emotions and ways to manage this; questions about puberty and change.	Yr6: Being the healthiest me: ongoing self-care of bodies and minds, including ways to prevent and manage mental ill-health.	Yr6: Sex Education Unit: Adult relationships and human reproduction, including different ways to start a family.