



Seamer and Irton CP School

PSHE & RSE Long-term Overview



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	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	<ul style="list-style-type: none"> • Introduction • Family and Relationships 	<ul style="list-style-type: none"> • Family and Relationships • Health and wellbeing 	<ul style="list-style-type: none"> • Health and wellbeing • Safety and the changing body 	<ul style="list-style-type: none"> • Safety and the changing body • Citizenship 	<ul style="list-style-type: none"> • Citizenship • Economic Wellbeing 	<ul style="list-style-type: none"> • Economic Wellbeing • Transition
Year 2	<ul style="list-style-type: none"> • Introduction • Family and Relationships 	<ul style="list-style-type: none"> • Family and Relationships • Health and wellbeing 	<ul style="list-style-type: none"> • Health and wellbeing • Safety and the changing body 	<ul style="list-style-type: none"> • Safety and the changing body • Citizenship 	<ul style="list-style-type: none"> • Citizenship • Economic Wellbeing 	<ul style="list-style-type: none"> • Economic Wellbeing • Transition
Year 3	<ul style="list-style-type: none"> • Introduction • Family and Relationships 	<ul style="list-style-type: none"> • Family and Relationships • Health and wellbeing 	<ul style="list-style-type: none"> • Health and wellbeing • Safety and the changing body 	<ul style="list-style-type: none"> • Safety and the changing body • Citizenship 	<ul style="list-style-type: none"> • Citizenship • Economic Wellbeing 	<ul style="list-style-type: none"> • Economic Wellbeing • Transition
Year 4	<ul style="list-style-type: none"> • Introduction • Family and Relationships 	<ul style="list-style-type: none"> • Family and Relationships • Health and wellbeing 	<ul style="list-style-type: none"> • Health and wellbeing • Safety and the changing body 	<ul style="list-style-type: none"> • Safety and the changing body • Citizenship 	<ul style="list-style-type: none"> • Citizenship • Economic Wellbeing 	<ul style="list-style-type: none"> • Economic Wellbeing • Transition
Year 5	<ul style="list-style-type: none"> • Introduction • Family and Relationships 	<ul style="list-style-type: none"> • Family and Relationships • Health and wellbeing 	<ul style="list-style-type: none"> • Health and wellbeing • Safety and the changing body 	<ul style="list-style-type: none"> • Safety and the changing body • Citizenship 	<ul style="list-style-type: none"> • Citizenship • Economic Wellbeing 	<ul style="list-style-type: none"> • Economic Wellbeing • Transition
Year 6	<ul style="list-style-type: none"> • Introduction • Family and Relationships 	<ul style="list-style-type: none"> • Family and Relationships • Health and wellbeing 	<ul style="list-style-type: none"> • Health and wellbeing • Safety and the changing body 	<ul style="list-style-type: none"> • Safety and the changing body • Citizenship 	<ul style="list-style-type: none"> • Citizenship • Economic Wellbeing 	<ul style="list-style-type: none"> • Economic Wellbeing • Transition

In 2019 the Department for Education published statutory guidance about what should be covered in schools in terms of Relationships and sex education (RSE) and Health education under the following headings...

RSE: Families and people who care for me; Caring friendships; Respectful relationships; Online relationships; Being safe.

Physical health and mental wellbeing: Mental wellbeing; Internet safety and harms; Physical health and fitness; Healthy eating; Drugs, alcohol and tobacco; Health and prevention; Basic first aid; Changing adolescent body.

Since November 2014 all schools have also been expected to actively promote fundamental British values: Democracy, Rule of Law, Individual Liberty, Mutual Respect, Tolerance of those with different faiths and beliefs. Our PSHE and RSE curriculum promotes each of these throughout all year groups, helping to instil each British value in all of our pupils.