

PSHE / RSE OVERVIEW

Term Year Group	Autumn 1 SEAL: New Beginnings	Autumn 2 SEAL: Getting On & Falling Out (Anti Bullying Week)	Spring 1 SEAL: Going For Goals!	Spring 2 SEAL: Good To Be Me	Summer 1 SEAL: Relationships	Summer 2 SEAL: Changes
Reception	<p>SEAL: Develop a sense of belonging. Awareness of class rules. Managing own feelings.</p> <p>DEVELOPMENT MATTERS: Making relationships, Self-confidence & Self-Awareness, Managing Feelings & Behaviour.</p> <p>Relationships and Sex Education: Making Friends & understanding what makes a good a friend.</p> <p>DATE: Identify & name some feelings. What to do when I'm ill. People who help us when we are poorly.</p> <p>HEALTHY LIFESTYLES: Understand the importance of a balance diet.</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.)</p>	<p>SEAL: Friendship & co-operation. Understanding feelings.</p> <p>DEVELOPMENT MATTERS: Making relationships, Self-confidence & Self-Awareness, Managing Feelings & Behaviour.</p> <p>Relationships and Sex Education: Working as part of a group / team</p> <p>DATE: Interpret facial expressions.</p> <p>ANTI BULLYING: ABC Curriculum.</p> <p>GLOBAL/CITIZENSHIP: Celebrating different cultures.</p>	<p>SEAL: Understanding self. Setting own goals.</p> <p>DEVELOPMENT MATTERS: Making relationships, Self-confidence & Self-Awareness, Managing Feelings & Behaviour.</p> <p>Relationships and Sex Education: Working together – code of behaviour.</p> <p>DATE: Simple choices about health & well-being.</p> <p>HEALTHY LIFESTYLES: Understand the importance of physical activity.</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.)</p>	<p>SEAL: Standing up for self. Understanding & managing own feelings.</p> <p>DEVELOPMENT MATTERS: Making relationships, Self-confidence & Self-Awareness, Managing Feelings & Behaviour.</p> <p>Relationships and Sex Education: How am I different / the same as other people?</p> <p>DATE: Taking responsibility – other people need/want us to help them. What is safe to put into our bodies.</p> <p>ANTI BULLYING: ABC Curriculum. Keeping safe & knowing where to go for help.</p> <p>GLOBAL/CITIZENSHIP: Understanding what money is (financial capability.)</p>	<p>SEAL: Understanding fair & unfair. Understanding & managing own feelings. Respecting other people's opinions, listening and respecting others point of view.</p> <p>DEVELOPMENT MATTERS: Making relationships, Self-confidence & Self-Awareness, Managing Feelings & Behaviour.</p> <p>Relationships and Sex Education: Dressing myself/ personal hygiene.</p> <p>DATE: Simple choices about health & well-being</p> <p>HEALTHY LIFESTYLES: Keeping safe in the sun.</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.).</p>	<p>SEAL: Dealing with change. How they have changed.</p> <p>DEVELOPMENT MATTERS: Making relationships, Self-confidence & Self-Awareness, Managing Feelings & Behaviour.</p> <p>Relationships and Sex Education: Differences between boys and girls. What is good about being a boy / girl?</p> <p>DATE: Taking responsibility – other people need/want us to help them.</p> <p>ANTI BULLYING: ABC Curriculum.</p> <p>GLOBAL/CITIZENSHIP: Understanding dilemmas – sharing with others.</p>

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Year 1	<p>SEAL: Creating a safe place / community. Managing own feelings.</p> <p>RSE: Feelings and recognising own qualities.</p> <p>DATE: Choices about health & well-being. Medicines and what goes into our bodies.</p> <p>HEALTHY LIFESTYLES: Understand the importance of regular exercise and preventing injury.</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.)</p>	<p>SEAL: Friendships Managing own feelings.</p> <p>RSE: Knowing the difference between right and wrong.</p> <p>DATE: Choices about health & well-being. Hand hygiene and stopping the spread of infection (hand washing)</p> <p>ANTI BULLYING: Stranger danger.</p> <p>GLOBAL/CITIZENSHIP: Celebrating different cultures. Multicultural understanding.</p>	<p>SEAL: Solving problems. Setting own goals and learning from own successes.</p> <p>RSE: Friends – what makes a good friend? Accepting the different needs of others. (Ingredients for a good friend & Caring Friend Heart displays.)</p> <p>DATE: Understanding what medicines are and why we need them.</p> <p>HEALTHY LIFESTYLES: Understand the importance of a balanced diet and regular meals. Hygiene when preparing food.</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.)</p>	<p>SEAL: Problem solving. Own gifts & talents.</p> <p>RSE: Friends – making new friends. Peer group pressure (working & playing co-operatively together.)</p> <p>DATE: Harmful aspects of some household products & medicines. Ways of keeping safe</p> <p>ANTI BULLYING: ABC Curriculum. Recognising bullying and strategies for dealing with it.</p> <p>GLOBAL/CITIZENSHIP: Understanding what money can buy (financial capability.)</p>	<p>SEAL: Important people. Feeling loved/cared for. Understanding / sharing feelings.</p> <p>RSE: Growing Up – Body parts.</p> <p>DATE: Using medicines safely. Understanding how Doctors can help us.</p> <p>HEALTHY LIFESTYLES: Water safety.</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.)</p>	<p>SEAL: Making change happen. Understanding changes. Overcoming obstacles.</p> <p>RSE: Growing Up – Needs of a baby.</p> <p>DATE: Where should medicines be kept?</p> <p>ANTI BULLYING: ABC Curriculum. Resolving conflict/listening to other points of view.</p> <p>GLOBAL/CITIZENSHIP: Understanding dilemmas – sharing with others.</p>

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Year 2	<p>SEAL: Belonging to the class / community. Friendships. Managing/exploring feelings</p> <p>RSE: Friendship, Family & Feelings – who is special to me.</p> <p>DATE: Types of medicine in the home / where they are kept.</p> <p>HEALTHY LIFESTYLES: Recognising the different ways to exercise, such as skipping. Personal hygiene eg oral hygiene and hand washing.</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.)</p>	<p>SEAL: Friendship. Managing anger. Seeing another point of view.</p> <p>RSE: Friendship, Family & Feelings – Managing feelings. Peer pressure and stereotyping.</p> <p>DATE: People who are special to me.</p> <p>ANTI BULLYING: Understanding behaviours shown by a bully, the effects of bullying and strategies for dealing with it.</p> <p>GLOBAL/CITIZENSHIP: Celebrating different cultures. Multicultural understanding.</p>	<p>SEAL: Learning in different ways Setting & reaching a goal, aspirational targets. Overcoming distractions and taking responsibility for own behaviour.</p> <p>RSE: Friendship, Family & Feelings – Similarities and differences in people.</p> <p>DATE: Choices about health and well-being.</p> <p>HEALTHY LIFESTYLES: Understand the importance of a healthy diet and regular, balanced meals. Different food groups.</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.).</p>	<p>SEAL: Problem solving. Own gifts & talents, strengths & weaknesses.</p> <p>RSE: Friendship, Family & Feelings – Different family types.</p> <p>DATE: Harmful aspects of some household products & medicines. Ways of keeping.</p> <p>ANTI BULLYING: ABC Curriculum. Recognising bullying and strategies for dealing with it.</p> <p>GLOBAL/CITIZENSHIP: Understanding that children in other cultures take responsibility for providing for their families (financial capability and poverty.)</p>	<p>SEAL: Important people. Managing & understanding own feelings. Making choices, understanding what is right & wrong.</p> <p>RSE: Growing Up & Safety – Naming body parts.</p> <p>DATE: Harmful aspects of some household products & medicines. Keeping safe.</p> <p>HEALTHY LIFESTYLES: Beginning to understand how their bodies work and the importance of regular exercise. Staying safe when cycling and road safety (Step Outside.)</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.)</p>	<p>SEAL: Making change happen and resolving conflict. Changing behaviour.</p> <p>RSE: Growing Up & Safety – Animals reproduce and grow to be adults.</p> <p>DATE: Feeling ill what to do. Contacting the emergency services.</p> <p>ANTI BULLYING: ABC Curriculum. Resolving conflict/listening to other points of view.</p> <p>GLOBAL/CITIZENSHIP: Conservation and animal habitats.</p>

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Year 3	<p>SEAL: Feeling valued. The need for rules & responsibilities in society. Coping with & exploring feelings.</p> <p>RSE: Feelings and worries. Safety and opinions.</p> <p>DATE: Identify & name some feelings. Express positive qualities. Peer relationships.</p> <p>HEALTHY LIFESTYLES: Keeping safe on dark nights – be safe, be seen. Bonfire safety.</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.)</p>	<p>SEAL: Compliments & friendship skills. Understanding & controlling anger.</p> <p>RSE: How feelings affect friendships. Safety and opinions.</p> <p>DATE: Harmful aspects of some household products & medicines. Keeping safe and risks.</p> <p>ANTI BULLYING: ABC Curriculum.</p> <p>GLOBAL/CITIZENSHIP: Challenging opinions in society - racism.</p>	<p>SEAL: Consequences. Self as a learner. Reaching / achieving goals.</p> <p>RSE: Growing Up. Respect for others / touching.</p> <p>DATE: Talk about & understand the role of medicine – drugs and medicines.</p> <p>HEALTHY LIFESTYLES: Oral hygiene and prevention of spreading germs.</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.)</p>	<p>SEAL: Assertiveness Understanding & managing own feelings (worries & concerns.)</p> <p>RSE: Growing Up – Body parts.</p> <p>DATE: Simple choices about some aspects of health and well-being.</p> <p>ANTI BULLYING: ABC Curriculum.</p> <p>GLOBAL/CITIZENSHIP: Identifying a charity and how money is used to support them (financial capability.)</p>	<p>SEAL: Managing & understanding own feelings. Taking responsibility.</p> <p>RSE: Growing Up – How young children develop /birth of a sibling.</p> <p>DATE: Describe ways of keeping safe.</p> <p>HEALTHY LIFESTYLES: Physical and mental effects of exercise.</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.)</p>	<p>SEAL: Belonging to a group. Understanding the importance of getting on with friends – exclusion and discrimination. Dealing & coping with changes and loss.</p> <p>RSE: Growing Up – Human life cycle stages.</p> <p>DATE: Drugs can have positive and harmful effects.</p> <p>ANTI BULLYING: ABC Curriculum.</p> <p>GLOBAL/CITIZENSHIP: Household waste and recycling. Conservation and protecting the environment from harm.</p>

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Year 4	<p>SEAL: Feeling welcomed & valued. Managing & understanding own feelings.</p> <p>RSE: Feelings & Friendship – Expressing positive & negative feelings.</p> <p>DATE: Identify & name some feelings. Express positive and negative qualities.</p> <p>HEALTHY LIFESTYLES: Water Safety – Swimming (Crucial Crew DVD.)</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.)</p>	<p>SEAL: Taking turns & working together. Managing anger. Seeing another point of view.</p> <p>RSE: Feelings & Friendship- Qualities of friendship and conflict. Feeling left out.</p> <p>DATE: Harmful aspects of some household products & medicines. Keeping safe</p> <p>ANTI BULLYING: ABC Curriculum.</p> <p>GLOBAL/CITIZENSHIP: Challenging opinions in society - racism. School's Linking Project.</p>	<p>SEAL: Understanding goals & consequences. Self as a learner. Achieving goals – perseverance.</p> <p>RSE: Everyone is special/ everyone is different.</p> <p>DATE: Simple choices about some aspects of health and well-being – understand the effects of alcohol & tobacco.</p> <p>HEALTHY LIFESTYLES: Feeling good about yourself, self-esteem and body image.</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.)</p>	<p>SEAL: Assertiveness. Self as a learner. Coping with worries, feelings & anger. Taking responsibility.</p> <p>RSE: Growing up & safety – What is a grown up?</p> <p>DATE: Simple choices about some aspects of health and well-being – drugs.</p> <p>ANTI BULLYING: ABC Curriculum.</p> <p>GLOBAL/CITIZENSHIP: Keeping our money safe (financial capability.) School's Linking Project.</p>	<p>SEAL: Important people. Loss and bereavement. Understanding responsibility / guilt. Understanding feelings.</p> <p>RSE: Growing Up & Safety – Correct use of vocabulary.</p> <p>DATE: Describe ways of keeping safe – safety in the home.</p> <p>HEALTHY LIFESTYLES: Being a safe cyclist and road safety, use of seatbelts in the car (Crucial Crew DVD).</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.)</p>	<p>SEAL: Belonging to a group. Understanding change & responses to change. Overcoming obstacles. Dealing with feelings.</p> <p>RSE: Growing Up & Safety – Similarities and differences.</p> <p>DATE: Unwanted influences and peer pressure.</p> <p>ANTI BULLYING: ABC Curriculum.</p> <p>GLOBAL/CITIZENSHIP: Consequences of breaking the law and recognising and dealing with anti-social behaviour. School's Linking Project. Importance of recycling.</p>

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Year 5	<p>SEAL: Feeling welcomed & valued. Creating a community. Strategies to control own feelings.</p> <p>RSE: Feelings, Friendships & Relationships – Feelings & controlling own behaviour. Taking responsibility, understanding the concept of fairness.</p> <p>DATE: Attitudes & values in society – attitudes, beliefs & stereotyping</p> <p>HEALTHY LIFESTYLES: Water Safety – Swimming (Crucial Crew DVD.)</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.)</p>	<p>SEAL: Friendships, relationships & behaviour. Managing conflict and honesty. Understanding & dealing with anger.</p> <p>RSE: Feelings, Friendships & Relationships – Friendship qualities.</p> <p>DATE: Legal & illegal substances and drugs.</p> <p>ANTI BULLYING: ABC Curriculum</p> <p>GLOBAL/CITIZENSHIP: Keeping your money safe (financial capability.)</p>	<p>SEAL: Being an effective learner. Setting goals / challenges. Self as a learner.</p> <p>RSE: Feelings, Friendships & Relationships – Peer pressure. Understanding what a healthy relationship is.</p> <p>DATE: Make own judgements & decisions – resisting negative peer pressure. Risk taking and making own judgements.</p> <p>HEALTHY LIFESTYLES: Water Safety – Swimming (Crucial Crew DVD.)</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.)</p>	<p>SEAL: Understanding & managing own feelings. Bereavement and loss. Strategies to cope with disagreements.</p> <p>RSE: Families & Safety - exploring media information/role models.</p> <p>DATE: Express own views & respect others.</p> <p>ANTI BULLYING: Stranger Danger.</p> <p>GLOBAL/CITIZENSHIP: Exploring the greenhouse effect.</p>	<p>SEAL: Friendship & Stereotypes. Managing feelings & Understanding embarrassment.</p> <p>RSE: Growing Up – Puberty & Personal Hygiene. Confidentiality and understanding why ground rules are set.</p> <p>DATE: Legal & illegal substances & their effects.</p> <p>HEALTHY LIFESTYLES: Being a safe cyclist and road safety, use of seatbelts in the car (Crucial Crew DVD).</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.)</p>	<p>SEAL: Insecurities around change. Feelings & responses to change.</p> <p>RSE: Growing Up – Names & functions of Body parts and how a baby is made.</p> <p>DATE: Alcohol units and basic first aid.</p> <p>ANTI BULLYING: ABC Curriculum.</p> <p>GLOBAL/CITIZENSHIP: Community Cohesion.</p>

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Year 6	<p>SEAL: Feeling welcomed & valued. Creating a community. Strategies to control own feelings. Understanding new situations/transitions.</p> <p>RSE: Feelings, Friendships & Relationships- Strong Feelings, Attraction & Love.</p> <p>DATE: Attitudes & values in society – attitudes, beliefs & stereotyping.</p> <p>HEALTHY LIFESTYLES: Importance of personal hygiene.</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.)</p>	<p>SEAL: Friendships & Relationships Working in a group – conflict resolution. Understanding & dealing with anger. Seeing another perspective.</p> <p>RSE: Feelings, Friendships & Relationships – Friendships and Diverse Families. Marriage.</p> <p>DATE: Positive ways to face new challenges ie transition. Recognising the need to ask for help. First Aid.</p> <p>ANTI BULLYING: ABC Curriculum</p> <p>GLOBAL/CITIZENSHIP: Keeping your money safe, credit & debt (financial capability.)</p>	<p>SEAL: Self as a learner Setting achievable goals/ challenges.</p> <p>RSE: Feelings, Friendships & Relationships – Family views and responsibilities.</p> <p>DATE: Make own judgements & decisions – resisting negative peer pressure & keeping safe. Unwanted influences and pressures. Making the right decisions,</p> <p>HEALTHY LIFESTYLES: Fighting disease and improving health.</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.)</p>	<p>SEAL: Self-acceptance. Understanding own feelings & calming down strategies. Managing worries & anxieties. Assertiveness.</p> <p>RSE: Safety – Stereotypes - the role of the media & safety. Risk Taking.</p> <p>DATE: Confidently express own views & listen to & respect others. Alcohol misuse.</p> <p>ANTI BULLYING: Stranger Danger.</p> <p>GLOBAL/CITIZENSHIP: World Famine.</p>	<p>SEAL: Friendship & Stereotypes. Understanding embarrassment. Managing feelings.</p> <p>RSE: Growing Up – Emotions, fears and worries of growing up. Transmission of disease.</p> <p>DATE: Knowledge & effects of legal and illegal drugs and associated risks.</p> <p>HEALTHY LIFESTYLES: Being a safe cyclist (Cycling Proficiency and road safety (Crucial Crew DVD).</p> <p>E SAFETY: See whole school ICT planning (Digital Literacy.)</p>	<p>SEAL: Change & feelings of belonging/insecurities. Understanding challenges and feelings to change/transition. Secrets & Surprises (NSPCC.)</p> <p>RSE: Growing Up - All Change! Living & Growing DVD. Body changes, Conception and Having a Baby, RSE in the media.</p> <p>DATE: Identify & explain how to manage risks & keep safe. Risk taking and personal responsibility.</p> <p>ANTI BULLYING: ABC Curriculum.</p> <p>GLOBAL/CITIZENSHIP: Distribution of wealth and how world resources could be shared more equally (poverty).</p>