PHSE/RSE Key Themes

	Me and My Relationships	Valuing Differences	Keeping Myself Safe	Rights and Responsibilities	Being My Best	Growing and Changing
N	Feelings Relationships Families	Friendships Celebrations Recognising, valuing and celebrating difference	Keeping Safe in different environments Medicine safety	Taking responsibility for my health Helping Others My impact on the environment	Healthy choices Resilience Cooperation	Environmental change Changes in animals Stereotypes
Reception	Feelings Relationships Similarities and Differences	Kindness Friendship Cooperation	Medicine safety Online Safety People who keep in my community	Making a difference Caring for others My impact on the natural world Friendships	Resilience Feelings and emotions Challenges Healthy choices	Where babies come from Body parts Keeping safe Life cycles
Y1	Feelings Getting help Classroom rules	Recognising, valuing and celebrating difference Developing tolerance	How our feelings can keep us safe Keeping healthy Medicine safety	Looking after things	Looking after things	Getting help Becoming independent Body parts
Y2	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Listening Skills	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation and self-regulation	Looking after my body Growth Mindset	Life cycles Dealing with loss Being supportive
Y3	Cooperation Friendships	Recognising and respecting diversity Being respectful and tolerant	Managing risk Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped	Keeping myself healthy Celebrating and developing my skills	Relationships Menstruation Keeping safe
Y4	Recognising feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Having choices and making decisions about my health Taking care of my environment	Body changes during puberty Managing difficult feelings Relationships including marriage

Y5	Feelings Friendship skills, including compromise Assertive skills	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Managing risk, including staying safe online Norms around use of legal drugs (tobacco, alcohol)	Rights and responsibilities Rights and responsibilities relating to my health Decisions about lending, borrowing and spending	Growing independence and taking responsibility Media awareness and safety	Managing difficult feelings Managing change Getting help
Y6	Assertiveness Cooperation Safe/unsafe touches	Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour	Emotional needs Staying safe online Drugs: norms and risks (including the law)	Understanding media bias, including social media Caring: communities and the environment Earning and saving money	Aspirations and goal setting Managing risk	Keeping safe Body Image Self esteem