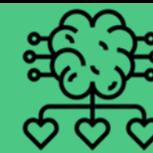




# PSHE and RSE Overview



## Perranporth C P School

Year/ Term	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Aut 1</b>	Gentle Hands and Hearts Managing Feelings Sharing	Being Happy Understanding Difficult Feelings A Problem Shared is a Problem Halved	Happiness Feeling Sad It's okay not to be okay	Relationships with Others Helping Others Get Help Growth Mindset Mindfulness	Respect Problem Solving and Resourcefulness Leadership	Learning Resilience Teamwork BV– Laws and Parlimant	The Government Law BV– Lawmakers and Activists
<b>Aut 2</b>	Animals Road Safety Fire Safety	Road Safety Braving the Weather Communication	Personal Goal Setting Art of Failure Dealing with Loss	Self Image Anxiety Anger & Difficult Feelings Stress	Bullying Being Responsible Where Does My Food Come From	Supporting the Community Responsibility and Inspiration Saving Money Borrowing Money	From Learning to Working How to write a CV Self Perception
<b>Spr 1</b>	Technology Sleep Marching to the beat of your own Drum	First Aid and CPR Food Safety Signalling and Sign Language	Forest Survival Desert Island Fire Safety	Self Worth Staying Safe Online Screentime	A Balanced Diet Healthy Eating Where Does My Food Come From?	Body Language and Communication BV– Freedom of Speech and Movement The digital World	Organisation of Life Pensions Power of Negotiation
<b>Spr 2</b>	Making Mistakes Cities, Towns, Land and Sea Being Curious	Being Mindful Trust Respecting Others	Relaxation Cyber Safety Navigation	Problem Solving and Time Management Vaccination and Disease Sun Safety	Sleep Screen Time Try and Try Again	Nutritional Values Junk Food Communicating Effectively You get out what you put in	Tax Entrepreneurship Banks
<b>Sum 1</b>	Planting Our Food Follow My Lead The Great Outdoors	Water Safety Safety Symbols Emergency Services	Environment Wildlife Protecting Our Planet	Exercise BV– Democracy and Law BV– Culture and Liberty	BV– Government and Rules BV– Freedom in Beliefs Relaxing to Recharge	Dealing with Adversity The NHS Respecting Others– Boundaries and Beliefs	BV– Rights and Radicalisation Feeling Anxious Recognising and Control-
<b>Sum 2</b>	Water Safety Taking Good Care of Myself Trusted Adults	Getting your Sleep Hygiene and Me My Body Belongs to Me	Medicine and Drugs My Body is Growing Fight or Flight	Who Can We Trust My Body, Your Body Personal Hygiene	Everything Will be Alright Family Relationships Keeping My Body Safe	The Human Body My Body Changes Keeping My Body the Same– FGM	First Aid and CPR Transition Drugs, Alcohol and Smoking My Amazing Body