

	PSHE/RSE Topic Overview					
Year/Half termly unit titles	Me and my Relationships	Valuing Difference	Keeping Safe	Rights and Respect	Being my Best	Growing and Changing
EYFS	What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping by body healthy – food, exercise, sleep Growth Mindset	Cycles Life stages Girls and boys – similarities and difference
EYFS Key vocabulary	Friend, help, rules, family, hurt, safe, feelings, listen, different, fair, special people, tease, similar, same, kind, air, sleep, exercise, stop, unsafe, share, medicine, uncomfortable, body, food, water, healthy, private, worried, scared, clean, spending, litter, danger, money, look after, responsible adult, heart, brain, stomach, growing vulva, penis, learning					
1	Feelings Getting help Classroom rules Special people Being a good friend	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep	Taking care of things: Myself My money My environment	Growth Mindset Healthy eating Hygiene and health Cooperation	Getting help Becoming independent My body parts Taking care of self and others
Y1 Key vocabulary	Friend, help, rules, family, hurt, safe, feelings, listen, respect, bully, different, fair, special people, tease, similar, same, kind, air, sleep, exercise, stop, unsafe, share, nervous, internet, medicine, uncomfortable, body, food, water, healthy, private, worried, scared, clean, environment, routine, first aid, spending, litter, risk, responsibility, danger, money, saving, look after, responsible, money saving, responsible adult, heart, brain, stomach, growing, lungs, vulva, penis, learning					
2	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Celebrating difference People who help us Listening Skills	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation Online safety Looking after money – saving and spending	Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Life cycles Dealing with loss Being supportive Growing and changing Privacy

Y2 vocabulary	feelings, happy, teasing, bullied, care, repeated bullying, friendship, help, rules, friendly, safe, break, unique, calm, point of view, behaviour, listening, helpful, problem, unkind, respect, different, arguments, kindness, listen, special, people, medicines, tell, touch, worried, secret, surprise, unsafe, private, uncomfortable, someone you trust, share, erupt, control, ask for help, unsettled, home, school, achieve, germs, injection, rest, choices, brain, soap, vaccination, choose, water, large intestine, healthy, lungs, stomach, energy, learn, food, small intestine, exercise, oxygen, teeth, supportive, loss, change, nipples, forward, growing, penis, goodbye, learning, upset, vulva					
3	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Recognising and respecting diversity Being respectful and tolerant My community	Managing risk Decision-making skills Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Relationships Changing bodies Keeping safe Safe and unsafe secrets
Y3 vocabulary	same, internet, bully, routine, listen, unsafe, share, heart, body, special people, vulva, family, saving, scared, sleep, alcohol personal details risk (risky) internet safety, cigarettes, private, nicotine, trust, medicines, public, search engine, harmful, situation, e-cigarettes, vapes, responsibility, look after, hurt, responsible, first aid, risk, money saving, respect, clean, medicine, fair, help, responsible adult, exercise, kind, uncomfortable, growing, environment, air, water, feelings, tease, brain, healthy, different, spending, lungs, food, money, learning, name calling, prejudice, achieve, fruit, bones, goal-setting, muscles, skills, teeth, balanced diet, talents, improve, practise, proteins, starchy carbohydrates, dairy, energy, vegetables, tolerance, community, strangers, bullying, differences, belonging, identity, families, similarities, space, touch, assertive, vagina, jealous, womb, period/menstruation, pad, lining, breasts, caring, genitals, upset, egg, testicles, angry, relationships, online, false, check, safe, parent, carer, adult, search, fact, opinion, stomach, Friend, stop, litter, penis, similar, rules, nervous, worried, danger					
4	Healthy relationships Listening to 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 Online safety	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 My skills and interests	Body changes during puberty Managing difficult feelings Relationships including marriage
Y4 vocabulary	anti-social, confidence, injury, label, downloaded, emergency, negative, mental, pressure, recycle, excited, breasts, alcohol, to, invade, live, brain, together, repair, labelled, situation, enjoy, positive, bullying, responsibility, dare, puberty, reduce, Council, body, e-cigarettes, civil, emotions, shared, hormones, choices, Nations, consequences, United, choking, lungs, active, respect, breathing, decisions, feelings, menstruation, respectful, challenge, aid, lonely, love, joyful, frightened, tax, cigarettes, uncomfortable, rights, give, drug, excluded, reuse, language, first, vagina, vapes, hair, others, future, testicles, confident, mindful, vulva, media, essential, teasing, danger, share, liver, differences, partnership, harmful, environment, periods, community, worried, services, prejudice, income, collaborate, health, ignored, negotiate, diet, spending, similarities, compromise, delighted, connect, unique, School, wound, marriage, public, calm, risky, creative, wet, be, choice, volunteer, wellbeing, actions, stereotype, exercise, penis, womb, balanced, hazard, accident, alone, influence, affect, sperm, scared, pubic, dreams, behaviour, ovaries					
5	Feelings Friendship skills, including compromise	Recognising and celebrating difference,	Managing risk, including online safety	Rights, respect and duties relating to my health	Growing independence and taking ownership Keeping myself healthy	Managing difficult feelings Managing change

	Assertive skills Cooperation Recognising emotional needs	including religions and cultural Influence and pressure of social media	Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Making a difference Decisions about lending, borrowing and spending	Media awareness and safety My community	How my feelings help keeping safe Getting help
Y5 Vocabulary	Council, Nations, School, United, accident, actions, active, affect, aid, alcohol, alone, anti-social, balanced, be, behaviour, body, brain, breasts, breathing, bullying, calm, challenge, choice, choices, choking, cigarettes, civil, collaborate, community, compare, compromise, confidence, confident, connect, consequences, councillors, creative, danger, dare, decisions, delighted, diet, differences, downloaded, dreams, drug, e-cigarettes, emergency, emotions, enjoy, environment, essential, excited, excluded, exercise, feelings, first, frightened, future, give, hair, harmful, hazard, health, hormones, ignored, income, influence, injury, interest, invade, joyful, label, labelled, language, live, liver, lonely, love, lungs, marriage, media, menstruation, mental, mindful, multicultural society, negative, negotiate, others, ovaries, partnership, penis, periods, point of view, positive, prejudice, pressure, puberty, pubic, public, recycle, reduce, repair, respect, respectful, responsibility, reuse, rights, risky, scared, services, share, shared, similarities, situation, spending, sperm, stereotype, tax, teasing, testicles, together, uncomfortable, unique, vagina, vapes, volunteer, vulva, wellbeing, wet, womb, worried, wound					
6	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	Understanding 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 Understanding democracy	Aspirations and goal setting Managing risk Looking after my mental health	Coping with changes Keeping safe Body Image Sex education Self-esteem
Y6 vocabulary	stereotype, unbiased, assertiveness, image, possess, tax, challenges, weigh up, passive, prejudice, medical supply, assumption, gender stereotype, media influence, democracy, sustainable, profile, take notice (mindful), physical needs, practise, achieve, diversity, assessing risk, sharing online, active, alcohol, respectful response, non-medical, reuse, choices, self-esteem, account, aspirations, collaboration, legal, connect, interest, produce, influence, personal information, situation, bullied, goal setting, bank (building society), parental consent, problems, environmentally sustainable, be active, appropriate, permission, age restrictions, social media, public services, voting, media, cash, saving, illegal, appropriate culture, inappropriate, bystanders, biased, perseverance, sensitive, tolerance, vaping, disrespect, compromise, community, give, keep learning (get creative), debit card, privacy, shop local, candidate, identity, forced marriage, pressure, online safety, emotional needs, recycling, bystander, religion, negotiation, empathy, elections, overcome, civil partnership					