

PSHE and RSHE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	TAB Way Week Zones of Regulation	Zones of Regulation Understanding relationships Anti-bullying: what is bullying? Family life	Setting goals Rights and responsibilities Keeping safe - emergency situations	Zones of Regulation Fairtrade: How it works. Considering future careers Healthy living - healthy eating and physical activity.	Zones of Regulation Relationships - who am I? Keeping safe - personal safety	Keeping myself safe - sun health. Change and loss. Transition to new year group
Year 4	TAB Way Week Zones of Regulation	Anti-bullying: building positive friendships and including others. Keeping safe - hygiene, viruses and bacteria. Dental health.	Zones of Regulation Building relationships and feeling safe. Personal identity	Fairtrade: living income Relationships - personal identity and mental health	Zones of Regulation Family - recognising different family structures and managing change.	Growing up and hygiene routines. Permission seeking Shared responsibility for the environment Transition to new year group
Year 5	TAB Way Week Zones of Regulation	Relationships - confidentiality and consent. The importance of sleep. Anti-bullying: secret	Zones of Regulation Growing and changing - understanding our bodies. Recognising emotional and physical changes	Fairtrade: linked to careers Relationships - diversity and individuality	Zones of Regulation Keeping safe - healthy habits and safe choices (legal and illegal drugs).	Relationships - Strength in diverse communities Transition to new year group

		keeping and peer pressure.	linked to puberty.			
Year 6	TAB Way Week Zones of Regulation	Anti-bullying: managing challenging relationships Puberty retrieval and the human life cycle (linked to science curriculum) Human reproduction, conception and birth <i>Recommended Sex Education (parental right to withdraw applies)</i>	Zones of Regulation Keeping safe - medicines and vaccines. Gambling and money	Fairtrade: the impact of a globalised world. Being responsible citizens - recognising and challenging stereotypes.	Zones of Regulation Relationships - Consent, body autonomy, respectful relationships	Relationships - seeking and giving permission. Transition to secondary school