

PSHE Subject Overview

	Autumn 1	Autumn 2	Spring 1	Spring2	Summer 1	Summer 2
EYFS	12 PSHE Matters units to be taught as part of continuous provision					
Year 1	Exploring Emotions	Difference & Diversity	Bullying Matters	Being Responsible	Relationships	Being Healthy
Year 2	Drug Education	Being Me	Being Safe	Money Matters	Growing up	Changes
Year 3	Being Healthy	Difference & Diversity	Bullying Matters	Being Responsible	Growing Up	Exploring Emotions/Relationships
Year 4	Drug Education	Being Me	Being Safe	Money Matters	Alternative resource for RSE (LKS2 module)	Changes
Year 5	Being Healthy	Difference & Diversity	Bullying Matters	Being Responsible	Growing Up	Exploring Emotions/Relationships
Year 6	Drug Education	Being Me	Being Safe	Money Matters	Alternative Resource for RSE (UKS2 module)	Changes

Key Stage 3

Pupils should know:

Relationships and Sex Education

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health

Physical health and mental wellbeing

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- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

* Highlighted areas show where there is continuity of subjects taught across KS1-3

Relationships and sex education (RSE) are taught in the summer term. Parents will be notified by a letter before Easter about the upcoming relationships and sex education units, providing the opportunity for parents to have any queries or concerns answered ahead of the RSE units.

PSHE matters RSE units are: Relationships, Growing up and Changes. Year 4 and Year 6 have additional RSE units (Twinkl resource), which is a more information led than discussion led resource. The Relationships unit is taught in Year 3 and Year 5 alongside Exploring emotions to allow opportunity for the alternative RSE resource to be taught in Year 4 and Year 6.

The Derbyshire County Council PSHE matters resources follow the PSHE matters single year group plan except for Year 1 exploring emotions which is placed in the autumn term to support children's transition into Key stage 1.

All units (including RSE) are taught in mixed gender classes. RSE units will be taught by the class teacher.