



Dovedale Primary School

Subject Overview

PSHE / RSE



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<u>Being me in my world</u>	<u>Celebrating differences</u>	<u>Dreams and goals</u>	<u>Healthy me</u>	<u>Relationships</u>	<u>Changing me</u>
Reception	Working with others and being kind	Friendships	Challenges and perseverance	Healthy and unhealthy foods	Family and belonging	How I have changed since I was a baby
Year 1	Feeling special and safe	Similarities and differences	Setting goals	Keeping healthy	Belonging to a family	Noticing change
Year 2	Hopes, rights and consequences	Stereotypes	Perseverance	Healthy choices	Different families and friendships	Changes in nature and me
Year 3	Setting goals, self-identity, knowing my worth	Different families	Challenges and success	Exercise and fitness	Family roles and responsibilities	How babies grow and their needs
Year 4	Being part of a team	Challenging assumptions	Overcoming difficulties	Healthy friendships	Getting on and falling out	Emotional and physical changes
Year 5	Looking ahead	Cultural differences and conflict	Future career aspirations	Healthy choices, smoking and alcohol	Self-worth and staying safe online	Body image, puberty, and conception
Year 6	Goals, democracy, role-models	Inclusion and exclusion	Personal goals and the road to achieving these	Personal responsibility and managing my mental health	Mental health worries and sources of support	Body image, puberty, and conception