

Hexham First School PSHE /RSE Overview

	Year 1	Year 2	Year 3	Year 4
Autumn 1	Physical Health and wellbeing- Fun Times	Physical Health and wellbeing-What keeps me healthy?	Mental Health and emotional wellbeing: Strengths and challenges	Identity, Society and Equality-Democracy
Autumn 2	Keeping Safe and Managing Risk- Feeling Safe	Mental Health and Emotional Wellbeing- Friendship	Keeping safe and managing risk: Bullying – see it, say it, stop it (link is antibullying week)	Drug, Alcohol and tobacco education- Making choices
Spring 1	Identity, Society and Equality-Me and Others	Sex and Relationship Education- Boys, girls and families	Physical health and wellbeing: What helps me choose? Food (link with science)	Physical Health and wellbeing- What is important to me?
Spring 2	Drug, Alcohol and Tobacco education- What do we put into our bodies?	Sex and Relationship Education-Boys and girls and families	Identity, Society and Equality- Celebrating difference	Keeping Safe and Managing Risk-Playing safe
Summer 1	Mental Health and Emotional Wellbeing- Feelings	Keeping Safe and Managing Risk- indoors and outdoors	Careers, financial capability and economic wellbeing: saving, spending and budgeting	Sex and Relationship Education-Growing up and changing
Summer 2	Careers, Financial capability and economic wellbeing- My money	Drug, Alcohol and Tobacco education- medicines and me	Drug, Alcohol and Tobacco education- Tobacco is a drug	Sex and Relationship Education-Growing up and changing