"We believe, we achieve, we succeed in God's family"

THANKFULNESS ● COMMUNITY ● COMPASSION ● TRUTHFULNESS ● COURAGE ● FORGIVENESS

PSHE & RSHE Overview

"More than cleverness, we need kindness and gentleness." Charlie Chaplin

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	**Self-regulation: My feelings**	**Self-regulation: My feelings**	**Managing self: Taking on challenges**	**Self-regulation: Listening and following instructions**	**Building relationships: My family and friends**	**Managing self: My wellbeing**

At St Mary's C of E Primary School we use the Kapow PSHE curriculum which is designed as a 2-year rolling program to support mixed-age classes and ensure comprehensive coverage of all key Personal, Social, Health, and Economic education themes. The curriculum is structured over two years, allowing all statutory and recommended PSHE topics to be taught in a logical, progressive sequence. This design supports mixed-age classes by blending the learning aims over the two-year period.

Year 1 & 2 YEAR A	**Connecting with others**	**The online world**	**Health protection**	**Staying safe**	**How can I build safe, kind and caring relationships?**	**The online world**
Year 1 & 2 YEAR B	**My healthy self**	**Citizenship**	**Citizenship**	**My Healthy Self**	**Growing up**	**Staying safe**
Year 3 & 4 YEAR A	**Connecting with others**	**The online world**	**Citizenship**	**Staying safe**	**Connecting with others**	**The online world**
Year 3 & 4 YEAR B	**My healthy self**	**Citizenship**	**Health Protection**	**My Healthy Self**	**Citizenship**	**Growing up**
Year 5 & 6 YEAR A	**Connecting with others**	**The online world**	**Citizenship**	**Connecting with others**	**The online world**	**Staying safe RSHE**
Year 5 & 6 YEAR B	**My healthy self**	**Citizenship**	**Growing up**	**My healthy self**	**Citizenship**	**Sex education RSHE**