

## PSHE and RSE – Unit Overview

**Intent (Aims)**

**To enable all children to be**

### PSHE and RSE Unit Progression

		EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Autumn 1</b>		Self regulation: My feelings	Introduction lesson  Family and relationships	Introductory lesson  Family and relationships	Introductory lesson  Family and relationships	Introductory lesson Family and relationships	Introductory lesson Family and relationships	Introductory lesson Family and relationships
<b>Autumn 2</b>		Building relationships: Special relationships	Family and relationships  Health and wellbeing	Family and relationships  Health and wellbeing	Family and relationships  Health and wellbeing	Family and relationships  Health and wellbeing	Family and relationships Health and wellbeing	Health and wellbeing
<b>Spring 1</b>		Managing self: Taking on challenges	Health and wellbeing  Safety and the changing body	Health and wellbeing  Safety and the changing body	Health and wellbeing  Safety and the changing body	Health and wellbeing  Safety and the changing body	Health and wellbeing Safety and the changing body	Health and wellbeing Safety and the changing body
<b>Spring 2</b>		Self-regulation: Listening and following instructions	Safety and the changing Body  Citizenship	Safety and the changing Body  Citizenship	Safety and the changing Body  Citizenship	Safety and the changing body	Safety and the changing body Citizenship	Safety and the changing body Citizenship
<b>Summer 1</b>		Building relationships: My family and friends	Citizenship  Economic wellbeing	Citizenship	Citizenship	Citizenship	Citizenship Economic wellbeing	Citizenship Economic wellbeing
<b>Summer 2</b>		Managing self: My wellbeing	Economic wellbeing  Transition lesson	Economic wellbeing  Transition lesson	Economic wellbeing  Transition lesson	Citizenship Economic wellbeing Transition lesson	Economic wellbeing  Transition lesson: Roles and responsibilities	Economic wellbeing  Identity Transition lesson: Dealing with change