

PSHE Overview Cycle A Red Class

A cycle	Autumn	Spring	Summer
Rec (Same as cycle B)	Myself and my relationships 1 Beginning and belonging Conflict resolution (every other year)	Myself and my relationships 3 My emotions	Citizenship 1 & 2 Identities and Diversity; Me and my world
	Myself and my relationships 2 Family and friends	Healthier and Safer Lifestyles 2 Keeping Safe	Healthier and Safer Lifestyles 1 My body and growing up Healthier and Safer Lifestyles 3 Healthy Lifestyles –
Year 1 / 2 A year	Myself and my relationships 4 Beginning and belonging	Healthy and Safer Lifestyles 4 Managing risk	Citizenship 3 & 4 working together diversity and communities
	Myself and my relationships 6 7 Family and friends / anti bullying	Healthy and Safer Lifestyles 5 Digital Lifestyles E safety enrichment unit	Healthy and Safer Lifestyles 6 sex and relationship education Healthy and Safer Lifestyles 7 Healthy Lifestyles

PSHE Overview Cycle B

B cycle	Autumn	Spring	Summer
Rec (same and cycle A)	Myself and my relationships 1 Beginning and belonging	Myself and my relationships 3 My emotions	Citizenship 1 & 2 Identities and Diversity; Me and my world
	Myself and my relationships 2 Family and friends Lost and Found enrichment unit	Healthier and Safer Lifestyles 2 Keeping Safe E safety enrichment unit	Healthier and Safer Lifestyles 1 My body and growing up
	also - Healthier and Safer Lifestyles 3 Healthy Lifestyles – during Health Week		
Year 1 / 2 B year	Citizenship 5 Rules Rights and Responsibilities	Economic Well being 1 Financial Capability	Healthier and Safer Lifestyles 9 Personal Safety
	Myself and my relationships 5 Me and my emotions	Healthy and Safer Lifestyles 8 Drug education	Healthy and Safer Lifestyles 10 sex and relationship education myself and my relationships 8– Managing change

PSHE Overview Cycle A Orange class

A cycle	Autumn	Spring	Summer
Year 1 / 2 A year	Myself and my relationships 4 Beginning and belonging Citizenship 5 Rights, rules and responsibilities Conflict resolution (every other year)	Citizenship 3 Working together CR 1/2 Conflict resolution Getting on/ falling out	Healthy and safer lifestyles 7 Healthy lifestyles (Healthy living) Healthy and safer lifestyles 6 Sex and relationships education

	Healthy and safer lifestyles 9 Personal safety Myself and my relationships 7 Anti bullying Enrichment unit – E safety	Healthy and safer lifestyles 8 Drug education Myself and my relationships 6 Family and friends	Me and my online identity Myself and my relationships 8 Managing change
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PSHE Overview Cycle B

B cycle	Autumn	Spring	Summer
Year 1 / 2 B year	Myself and my relationships 4 Beginning and belonging Myself and my relationships 5 Me and my emotions	Healthy and safer lifestyles 4 Managing risks Healthy and safer lifestyles 5 Digital Lifestyles Enrichment unit – E safety	Citizenship 4 Diversity and Communities (People who help us)
	Citizenship 4 Diversity and Communities	Economic wellbeing 1 Financial capability	Healthy and safer lifestyles 10 Sex and relationships Healthy and safer lifestyles 8 Drug education

PSHCE Overview Cycle A Blue class

A cycle	Autumn	Spring	Summer
Year 3 / 4 A year	Myself and my relationships 9 Beginning and belonging	Healthy and Safer Lifestyles 11 Managing risk	Citizenship 8 Rules Rights and Responsibilities
	Citizenship 6 working together Healthier and Safer Lifestyles 16 Personal Safety Enrichment E safety Conflict resolution (every other year)	Economic Well being 2 Financial Capability Healthy and Safer Lifestyles 14 Healthy Lifestyles – during PE	Healthy and Safer Lifestyles 13 sex and relationship education Myself and My Relationships 13- Managing Change

PSHE Overview Cycle B

B cycle	Autumn	Spring	Summer
Year 3 / 4 B year	Myself and my relationships 11 Family and friends	Healthy and Safer Lifestyles 12 Digital Lifestyles	Myself and my relationships 12 Anti bullying Enrichment E safety Myself and my relationships 13 – managing change
	Healthy and Safer Lifestyles 15 Drug education Citizenship 7 diversity and communities	Myself and my relationships 10 Me and my emotions	Healthy and Safer Lifestyles 17 sex and relationship education

PSHCE Overview Cycle A Violet class

A cycle	Autumn	Spring	Summer
Year 5 / 6	Myself and my relationships 14 Beginning and belonging	Healthy and Safer Lifestyles 18 Managing risk	Citizenship 9 & 10 working together

A year	Conflict resolution (every other year)		diversity and communities
	Myself and my relationships 16 17 Family and friends Enrichment unit – Body image	Healthy and Safer Lifestyles 19 Digital Lifestyles Enrichment unit – E safety	Healthy and Safer Lifestyles 20 sex and relationship education Healthy Lifestyles 21 – covered within PE (gaming and social media) myself and my relationships 18 – Managing change

PSHE Overview Cycle B

B cycle	Autumn	Spring	Summer
Year 5 / 6 B year	Citizenship 11 Rules Rights and Responsibilities	Myself and my relationships 15 Me and my emotions Enrichment unit – Body image	Healthier and Safer Lifestyles 23 Personal Safety Enrichment unit – E safety
	Economic Wellbeing 3 Financial Capability	Healthy and Safer Lifestyles 22 Drug education	Healthy and Safer Lifestyles 24 sex and relationship education Healthy Lifestyles 21 – covered within PE (gaming and social media) myself and my relationships 18 – Managing change