

KS2 - PSHE and RSE topic overview.

**Article 2 (Non-discrimination): All children have rights, regardless of background, disability, or beliefs.**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Relationships	Health and wellbeing	Health and wellbeing	Relationships	Living in the wider world.	
<b>Year 3 Topic overview</b>	<b>Families and Friendships</b> Me, my friends and I	<b>Mental Health and Wellbeing</b> Squashing the worry monster	<b>Building healthy habits</b> Food for thought	<b>Making choices online</b> Cyber sprinters	<b>Keeping safe out and about</b> Sun, sea and sand safety!	<b>Looking out for each other</b> First Aid Heroes
<b>Year 4 Topic overview</b>	<b>Families and growing together</b> Marriage and partnership.	<b>Mental Health and Wellbeing</b> Developing coping strategies.	<b>Continuing healthy habits</b> Personal hygiene, menstruation and emotions and feelings.	<b>Forming respectful relationships</b> Online and in person.	<b>Exploring ways to manage risk.</b> Road, rail and online risks.	<b>Money matters and news literacy</b> Fake or real?
<b>Year 5 Topic Overview</b>	<b>Friendships, stereotypes and bullying</b> Addressing bullying and its impact.	<b>Mental health and Wellbeing.</b> Changing thinking habits.	<b>Embedding healthy habits and learning first aid</b> Sun guarding schools safely.	<b>Respecting boundaries</b> Saying no and meaning it.	<b>Safe connections online</b> Respectful online relationships	<b>Positively engaging with our world</b>  Healthy ways of engaging with the news.
<b>Year 6 Topic overview</b>	<b>Changes in puberty</b> Changing and growing up	<b>Mental health and wellbeing</b> Managing stress	<b>Drug education</b> Assessing risk and managing influences	<b>Managing money and online spending</b> Critical consumers.	<b>Developing our AI literacy</b> The impact and ethics of AI.	<b>Looking to the future</b> Embracing change and new futures.