

Matthew Arnold PSHE / RHE Overview

In Matthew Arnold Primary School, children are taught PSHE / RHE through three underlying core themes within which there is broad overlap and flexibility:

Physical Health and Wellbeing - includes RSE units

Relationships Education – includes PREVENT and Grassing or Grooming unit
Living in the Wider World

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Zones of Regulation Why do we have teeth? Companionship Communities Understanding emotions Physical changes in body Healthy eating	Why do we have teeth? Social relationships Diversity	Making healthy choices - Food and drink Consider needs of others Expressing feelings Behaviour Fairness Initiate play	Making healthy choices - Food and drink Negotiation and compromise Strengths Healthy lifestyles	Why do we need to visit the dentist? Collaboration Assertion Negotiation Compromise Taking risks Keeping safe	Why do we need to visit the dentist? Collaboration Perseverance Physical activity
Year 1	Zones of Regulation Feelings Responses / Opinions Kindness	Friendship Bullying Impact of own behaviour on others Fairness – respect Kindness Family and Friends	Hygiene - Washing Hands Healthy Eating Physical Activity PANTS (the Underwear Rule) RSE – My Special People	Internet Safety Emotions – Happiness / Anger Personal Safety Emotional Safety Sun Safety Road Safety	Rules and Responsibilities	Money and Finance
Year 2	Zones of Regulation Friendship Fair and Unfair Right and Wrong Co-operation Consequences	Behaviour Bullying Teasing	Hygiene Changing and growing Healthy lifestyles Keeping Clean Dental Hygiene Emotions Love Sadness	Aspirations Personal safety Drug safety RSE - Human life-cycle RSE- Everybody's body PANTS (the Underwear Rule) Internet Safety – staying safe online – digital footprint and reputation	PREVENT unit - Fact and Opinion PREVENT unit – Right or wrong? PREVENT – Valuing difference Belonging – community	Money management

Year 3	Zones of Regulation Friendship Communication – communicating and listening Collaboration	Friendship RSE – What makes a good friend? RSE – Falling out with Friends	Physical, Emotional and Mental Health Healthy Lifestyles Physical Exercise Lifestyle Choices	E-Safety Online Privacy Emotions – Loss / Separation Growing and Changing - Before Puberty / Visible Changes First Aid Emergency Calls	Rules and Responsibilities Diversity - Different Communities - School Communities	Money matters
Year 4	Zones of Regulation Self-Worth Persistence and Resilience Bullying Responding to Others	Expressing Opinions Connections Family Links Religious Views Celebrate Diversity	Online Privacy A Balanced Diet Teeth Identified Strengths Self-Respect Setting Goals	Internet Use Feelings Family changes RSE - Puberty	Goals Respecting rights in our community Gender Stereotypes	Money Choices Managing Money
Year 5	Zones of Regulation Confidentiality Listening / Responding Community Spirit Responding	Online Relationships Physical Contact Responding Shared Goals	Drugs Alcohol Healthy Lifestyles RSE –Menstruation RSE – Personal Hygiene RSE – Emotions and Feelings	Death and Grief Managing Conflict Physical, Emotional and Mental Health Tobacco Substance Abuse	PREVENT - Building Courage and Resilience - Extreme Reactions - Minority Groups - Vulnerability – Terrorism Structure Democracy Community Diversity	Money matters
Year 6	Zones of Regulation Race and Ethnicity Gender Stereotypes Culture Mental Wellbeing Changing relationships Marriage	Grassing or Grooming Unit - Motivation and intention - Understanding Risk - Asking for help	Grassing or Grooming Unit – Consent - Developing skills to intervene	Physical Illness / Immunisation Healthy Minds RSE - Puberty (revisit from Y5) physical and emotional changes Change and Becoming Independent Positive and Healthy Relationships	Economic awareness Budgeting Consumer Sense Generating Income Aspirations	Equal opportunities Generating Income