

# P.S.H.E. Overview with Sex and Relationships Education strands highlighted

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation	Belonging and beginnings MMR1 BBF	<b>My body and growing up</b> <b>HSL1 BGF</b> What does my body look like? Has my body changed as it has grown? What can my body do? What differences and similarities are there between our bodies? How can I look after my body and keep it clean? How am I learning to take care of myself and what do I still need help with? Who are the members of my family and trusted people who look after me?	Family and friends (incl anti-bullying) MMR2 FFF	Keeping safe (incl drug education) HSL2 KSF	Identities and diversity Cit1 IDF Me and my world Cit2 MWF	My emotions MMR3 MEF Healthy lifestyles HSL3HLF
Year 1	Beginning and belonging MMR4 BB12	Me and my emotions MMR5 ME12	Diversity and communities Cit4 DC12	Managing risk HSL4 MR12 Safety contexts HSL5 SC12	<b>Sex and relationship education</b> <b>HSL6 SR1</b> What are the names of the main parts of the body? What can my body do? When am I in charge of my actions and my body? Do I understand how amazing my body is? How can I keep my body clean? How can I stop common illnesses and diseases spreading? Healthy lifestyles HSL7 HL12	Working together Cit3 WT12
Year 2	Rights, rules and responsibilities Cit5 RR12	Family and friends MMR6 FF12	Anti-bullying MMR7 AB12	Personal safety HSL9PS12	<b>Sex and relationship education</b> <b>HSL10 SR2</b> How do babies change and grow? How have I changed since I was a baby? What do babies and children need? What are my responsibilities now I'm older? <b>Drug education</b> <b>HSL8 DE12</b>	Financial capability EW1FC12 Managing change MMR8 MC12
Year 3	Beginning and belonging MMR9 BB34	Anti-bullying MMR12 AB34	Healthy lifestyles HSL12 HL34	<b>Sex and relationship education</b> <b>HSL13 SR3</b> How are males and females different and what are the different parts called? What	Diversity and communities Cit7 DC34	Personal safety HSL16 PS34 Managing change MMR13 MC34

				<p>can my body do and how is it special? Why is it important to keep clean? What can I do for myself to stay clean and how will this change in the future? How do different illnesses and diseases spread and what can I do to prevent this?</p> <p><b>Managing risk</b> HSL11 MR34</p>		
<b>Year 4</b>	<p>My emotions MMR10 ME34</p>	<p>Safety contexts HSL12 SC34</p>	<p>Working together Cit 6 WT34 Financial capability EW3 FC34</p>	<p>Rights, rules and responsibilities Cit8 RR34</p>	<p>Family and friends MMR11FF34 Drug education HSL15 DE34</p>	<p><b>Sex and relationship education</b> <b>HSL17 SR4</b> What are the main stages of human life? What does it mean to be 'grown up'? What am I responsible for now and how will this change? How do parents and carers care for babies?</p>
<b>Year 5</b>	<p>Beginning and belonging MMR14 BB56</p>	<p>Working together Cit9 WT56 Anti-bullying MMR17 AB56</p>	<p>My emotions MMR15 ME56</p>	<p><b>Sex and relationship education</b> <b>HSL20SR5</b> What are the male and female sexual parts called and what do they do? What happens to the bodies of boys and girls when they reach puberty? What influences my view of my body? How can I keep my growing and changing body clean? How can the spread of viruses and bacteria be stopped? What is HIV? <b>Financial capability</b> EW3 FC56</p>	<p>Drug education HSL22 DE56</p>	<p>Managing risk HSL18 MR56 Safety contexts HSL19 SC56</p>
<b>Year 6</b>	<p>Rights, rules and responsibilities Cit11 RR56</p>	<p>Personal safety HSL23 PS56</p>	<p>Diversity and communities Cit10 DC56</p>	<p>Family and friends MMR16 FF56</p>	<p>Healthy lifestyles HSL21 HL56</p>	<p><b>Sex and relationship education</b> <b>HSL24 SR6</b> How are babies made? How can I express my feelings positively as I grow up? What am I responsible for how others feel? What should adults think about before they have a baby? What are families like? <b>Managing change</b> MMR18 MC56</p>