

PSED/ PSHE/ RSE

EYFS						
	Who am I?	Celebration	My family	My birthday is a special day	My favourite....	People around me
Lower phase (Y2 – Y4)						
Cycle A	What makes a family	In our community	Me and my friends	Who to trust	Self-care Routines	Staying Healthy
Cycle B	Health and Fitness	Emotions	Who to trust	My body	What I am good at?	Kind and unkind behaviour
Middle and Upper Phase (Y5 – Y9)						
Cycle A	My changing body	My friends	Respect	Being Safe	My space	Mental wellbeing
Cycle B	Health and fitness	Staying well	My changing body	Being safe	Different Jobs	Being safe
Cycle C	Being safe	My space	Celebrating me	My changing body	Emotional Resilliance	Are medicines safe?
Key Stage 4-5 (Y10 – Y13)						
Cycle A	My changing body Personal hygiene		Characteristics of relationships People who care for me		Economic well-being	
Cycle B	Physical and mental well-being		My changing body/ Drugs and alcohol		Responsible citizens	
Key Stage 5 (Y14)						
	Respectful relationships		Reproductive Health		Staying Safe	