



Coupe Green
Primary School
ESSEX

Coupe Green Primary School

PSHE / RSE Long Term Overview

Cycle A



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ESSEX

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Oak	My Healthy Self: How can we look after our emotions?	Connecting with Others: How can I help myself and others feel happy and safe?	The Online World: How do we spend time online?	Citizenship: How can I help others and the environment?	Health Protection: How can I protect myself and others in daily life?	Staying Safe: How can I stay safe?
Elm	My Healthy Self: How can we look after our bodies?	Connecting with Others: How can I build safe, kind and caring relationships with others?	The Online World: How can we stay safe online?	Citizenship: How do people belong to a community and earn money?	Growing Up: How can we look after and respect our bodies as we grow?	Staying Safe: How can I make safe choices in different places?
Ash (Year 3/4 Cycle A)	Connecting with Others: What makes us feel safe and included?	The Online World: How should we communicate online?	Citizenship: What careers do people choose and why?	Staying Safe: What signs help me to recognise what is safe or unsafe?	The Online World: How can we decide what to trust online?	Y3 Health Protection: How can we prevent illness and injury and help if they happen? Y4 Growing Up: How will my body and emotions change as I grow up? Y5 Growing Up: How can I manage the changes to my body and emotions as I grow up? Y6 Growing Up: How do people become parents and carers?
Maple (Year 5/6 Cycle A)	Connecting with Others: Why are healthy relationships important?	The Online World: How am I influenced by what I see online?	Citizenship: How can we be in control of our money?	The Online World: How do I feel about the things I see online?	Staying Safe: How can I stay safe as I grow up?	
Elder (Year 5/6 Cycle A)	Connecting with Others: Why are healthy relationships important?	The Online World: How am I influenced by what I see online?	Citizenship: How can we be in control of our money?	The Online World: How do I feel about the things I see online?	Staying Safe: How can I stay safe as I grow up?	