



Coupe Green  
Primary School  
BENTLEY

# Coupe Green Primary School

## PSHE / RSE Long Term Overview

### Cycle B



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|                                         | Autumn 1                                                                 | Autumn 2                                                                                        | Spring 1                                                                                                                  | Spring 2                                                                | Summer 1                                                                        | Summer 2                                                                                                                                                                                                                                                                                                                                             |
|-----------------------------------------|--------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Oak</b>                              | <b>My Healthy Self:</b><br>How can we look after our emotions?           | <b>Connecting with Others:</b> How can I help myself and others feel happy and safe?            | <b>The Online World:</b><br>How do we spend time online?                                                                  | <b>Citizenship:</b> How can I help others and the environment?          | <b>Health Protection:</b><br>How can I protect myself and others in daily life? | <b>Staying Safe:</b> How can I stay safe?                                                                                                                                                                                                                                                                                                            |
| <b>Elm</b>                              | <b>My Healthy Self:</b><br>How can we look after our bodies?             | <b>Connecting with Others:</b> How can I build safe, kind and caring relationships with others? | <b>The Online World:</b><br>How can we stay safe online?                                                                  | <b>Citizenship:</b> How do people belong to a community and earn money? | <b>Growing Up:</b> How can we look after and respect our bodies as we grow?     | <b>Staying Safe:</b> How can I make safe choices in different places?                                                                                                                                                                                                                                                                                |
| <b>Ash<br/>(Year 3/4<br/>Cycle B)</b>   | <b>My Healthy Self:</b><br>How can I take care of my mind and body?      | <b>Citizenship:</b> What rights and responsibilities do we have?                                | <b>Connecting with Others:</b> How can we respect each other?<br><small>*KAPOW Y3/4 Cycle A</small>                       | <b>My Healthy Self:</b> How can I make healthy choices?                 | <b>Citizenship:</b> How can I spend money responsibly?                          | <b>Y3 Health Protection:</b><br>How can we prevent illness and injury and help if they happen?<br><br><b>Y4 Growing Up:</b> How will my body and emotions change as I grow up?<br><br><b>Y5 Growing Up:</b> How can I manage the changes to my body and emotions as I grow up?<br><br><b>Y6 Growing Up:</b> How do people become parents and carers? |
| <b>Maple<br/>(Year 3/4<br/>Cycle B)</b> | <b>My Healthy Self:</b><br>How can I take care of my mind and body?      | <b>Citizenship:</b> What rights and responsibilities do we have?                                | <b>Connecting with Others:</b> How can we respect each other?<br><small>*KAPOW Y3/4 Cycle A</small>                       | <b>My Healthy Self:</b> How can I make healthy choices?                 | <b>Citizenship:</b> How can I spend money responsibly?                          |                                                                                                                                                                                                                                                                                                                                                      |
| <b>Elder<br/>(Year 5/6<br/>Cycle B)</b> | <b>My Healthy Self:</b><br>How can I support my mind and body as I grow? | <b>Citizenship:</b> How can we make a difference in our communities and beyond?                 | <b>Connecting with Others:</b> What does it mean to stand up for myself and others?<br><small>*KAPOW Y5/6 Cycle A</small> | <b>My Healthy Self:</b> How do my choices today shape my future health? | <b>Citizenship:</b> How can we protect everyone's rights?                       |                                                                                                                                                                                                                                                                                                                                                      |