RSHE — Curriculum Overview

	EYFS	Year 1	Year 2
Autumn 1	**Me and My Relationships** • *All about me* • *What makes me special* • *Me and my special people* • *Who can help me?* • *My feelings*	**Me and My Relationships** • *Why we have classroom rules* • *How are you listening?* • *Thinking about feelings* • *Our feelings* • *Feelings and bodies* • *Good friends*	**Me and My Relationships** • *Our ideal classroom* • *How are you feeling today?* • *Let's all be happy!* • *Being a good friend* • *Types of bullying* • *Don't do that!*
Autumn 2	**Valuing Difference** • *I'm special, you're special* • *Same and different* • *Same and different families* • *Same and different homes* • *I am caring* • *I am a friend*	**Valuing Difference** • *Same or different?* • *Unkind, tease or bully?* • *Harold's school rules* • *It's not fair!* • *Who are our special people?* • *Our special people balloons*	**Valuing Difference** • *What makes us who we are?* • *My special people* • *How do we make others feel?* • *When someone is feeling left out* • *An act of kindness* • *Solve the problem*
Spring 1	**Keeping Safe** • *What's safe to go onto my body* • *Keeping Myself Safe - What's safe to go into my body (including medicines)* • *Safe indoors and outdoors* • *Listening to my feelings* • *Keeping safe online* • *People who help to keep me safe*	**Keeping Safe** • *Super sleep* • *Who can help?* • *Good or bad touches?* • *Sharing pictures* • *What could Harold do?* • *Harold loses Geoffrey*	**Keeping Safe** • *Harold's picnic* • *How safe would you feel?* • *What should Harold say?* • *I don't like that!* • *Fun or not?* • *Should I tell?*
Spring 2	**Rights and Respect** • *Looking after my special people* • *Looking after my friends* • *Being helpful at home and caring for our classroom*	**Rights and Respect** • *Harold has a bad day* • *Around and about the school* • *Taking care of something* • *Harold's money*	**Rights and Respect** • *Getting on with others* • *When I feel like erupting* • *Feeling safe*

	• *Caring for our world* • *Looking after money (1): recognising, spending, using, saving money and keeping it safe*	• *How should we look after our money?* • *Basic first aid*	• *Playing games* • *Harold saves for something special* • *How can we look after our environment?*
Summer 1	**Being My Best** • *Bouncing back when things go wrong* • *Yes, I can!* • *Healthy eating* • *My healthy mind* • *Move your body* • *A good night's sleep*	**Being My Best** • *I can eat a rainbow* • *Eat well* • *Harold's wash and brush up* • *Catch it! Bin it! Kill it!* • *Harold learns to ride his bike* • *Pass on the praise!* • *Inside my wonderful body!*	**Being My Best** • *You can do it!* • *My day* • *Harold's postcard - helping us to keep clean and healthy* • *Harold's bathroom* • *What does my body do?* • *Basic first aid*
Summer 2	**Growing and changing** • *Seasons* • *Life stages - plants, animals, humans* • *Life Stages: Human life stage - who will I be?* • *Where do babies come from?* • *Getting bigger* • *Me and my body - girls and boys*	**Growing and changing** • *Healthy me* • *Then and now* • *Taking care of a baby* • *Who can help?* • *Surprises and secrets* • *Keeping privates private*	**Growing and changing** • *A helping hand* • *Sam moves away* • *Haven't you grown!* • *My body, your body* • *Respecting privacy* • *Some secrets should never be kept*