



Welbourn CE Primary School RSHE / PSHE overview  
 'Believe, Excite, Succeed, Together'

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topaz Reception	Safety dilemma drops and stories. (risks, rules)	Friendships and relationships dilemma drops and stories.	Being responsible and learning to be safe with others.	Keeping healthy and safe. (germs, bedtime, holiday)	Being responsible (dentist, hearing, toilet, allergies)	Dealing with events and reactions, feelings and emotions.
Topaz Year A	5-8 Keeping safe (safety in and out of school), risks and road safety)	Relationships Friendships (social interaction, taking turns)	Computer safety (online safety, gaming, bullying, age)	Keeping and staying healthy (eating)	Being responsible- water spillage, accidents, responsible)	Feelings and emotions - mixed emotions, moving on, jealousy.
Topaz Year B	All about me / nurture strategies and mindfulness/ worry	Fire safety	Our world - families, siblings, living things	Relationships (our bodies, caring for others, points of view)	Computer safety (online safety, bullying, gaming, images)	Living in our world (looking after our world)
Emerald Year A	Staying safe - warning signs, dangers, instructions, window safety.	Being responsible - helping someone in need, coming home on time, rules in the home)	Computer safety - making friends online, image sharing	Keeping healthy (healthy eating linked to D.T)	Respectful relationships - body language/ bullying, touch, boundaries)	Looking after our world (recycle, reduce, reuse, our environment)

Emerald Year B	Feelings and emotions (Esafety, worry, grief, communication)	Staying safe (cycle safety, consequences, accidents, rules)	Being responsible - stealing, borrowing, setting goals, not giving up)	Keeping healthy (Brushing teeth, our bodies, exercise, choices, medicine)	Computer safety (games, consent, strangers, age appropriateness)	Working in our world / hazards (breaking down barriers, difference, goal setting)
Amethyst Year A	Keeping and staying safe (peer pressure, school rules, risks, consequences, water safety, safety events bonfire night etc)	Computing / Online safety, bullying, image sharing, gaming and apps)	Feelings and emotions (worry / anger, actions and consequences)	Healthy living (hygiene, smoking, alcohol, wellbeing)	Relationships Puberty / conception	
Amethyst Year B	A world without judgement - inclusion, acceptance, British values)	Being responsible (looking out for others, behaviour, choices, stealing)	The working world - enterprise, in app purchases, money, budgets)	First aid / CPR	Relationships Puberty / conception	