

Physical Social Health Citizenship Education overview 2020 – 2021

Relationship education included

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	New Beginnings Belonging Self-awareness Understanding my feelings Managing my feelings Understanding the feelings of others Social skills Understanding rights and responsibilities	Getting on and Falling Out Friendship Working together Managing feelings – anger Resolving conflict Understanding my feelings Anti-Bullying	Going for Goals Setting a realistic goal Planning to reach a goal Planning to reach a goal Persistence Evaluation and review	Good To Be Me Knowing myself Understanding my feelings Managing my feelings Standing up for myself	Relationships Managing my feelings Understanding the feelings of others Making choices .	Changes Understanding my feelings Understanding the feelings of others Making choices
Reception	New Beginnings Belonging Self-awareness Understanding my feelings Managing my feelings Understanding the feelings of others Social skills Understanding rights and responsibilities	Friendship Working together Managing feelings – anger Resolving conflict Understanding my feelings Anti-Bullying	Going for Goals Setting a realistic goal Planning to reach a goal Planning to reach a goal Persistence Evaluation and review	Good To Be Me Knowing myself Understanding my feelings Managing my feelings Standing up for myself .	Relationships Managing my feelings Understanding the feelings of others Making choices	Changes Understanding my feelings Understanding the feelings of others Making choices
Year 1	New Beginnings Belonging Self-awareness Managing my feelings Understanding others' feelings Making choices	Getting on and Falling Out Friendship Seeing things from another point of view Working together Managing feeling – anger	Going for Goals Knowing myself Setting a realistic goal Planning to reach a goal Persistence Making choices Evaluation and review.	Good To Be Me Knowing myself Understanding my feelings Managing my feelings Standing up for myself Making choices	Relationships Knowing myself Understanding my feelings Managing my feelings Understanding the feelings of others	Changes Knowing myself Planning to reach a goal Making choices

	Understanding rights and responsibilities	Resolving Conflict Anti-Bullying				
Year 2	New Beginnings Belonging Self-awareness Managing my feelings Understanding others' feelings Making choices Understanding rights and responsibilities	Getting on and falling out Friendship Seeing things from another point of view Working together Managing feeling – anger Resolving Conflict Anti-Bullying	Going for Goals Knowing myself Setting a realistic goal Planning to reach a goal Persistence Making choices Evaluation and review. healthy eating and hygiene (dental hygiene)	Good to be Me Knowing myself Understanding my feelings Managing my feelings Standing up for myself Making choices	Relationships Knowing myself Understanding my feelings Managing my feelings Understanding the feelings of others	Changes Knowing myself Planning to reach a goal Making choices
Year 3	New Beginnings Belonging Self-awareness Understanding my feelings Understanding the feeling of others Managing my feelings Social skills Making choices Understanding rights and responsibilities	Getting on and falling out Friendship Seeing things from another point of view Working together Managing feeling – anger Resolving Conflict Anti-Bullying	Going for Goals Knowing myself Setting a realistic goal Planning to reach a goal Persistence Making choices Evaluation and review.	Good to be Me Knowing myself Understanding my feelings Managing my feelings Standing up for myself	Relationships Knowing myself Understanding my feelings Managing my feelings Understanding the feelings of others Social skills Making choices	Changes Knowing myself Understanding my feelings Understanding the feelings of others Managing my feelings Planning to reach a goal Belonging to a community
Year 4	New Beginnings Belonging Self-awareness Understanding my feelings Understanding the feeling of others Managing my feelings Social skills Making choices	Getting on and falling out Friendship Seeing things from another point of view Working together Managing feeling – anger Resolving Conflict Anti-Bullying	Going for Goals Knowing myself Setting a realistic goal Planning to reach a goal Persistence Making choices Evaluation and review.	Good to be Me Knowing myself Understanding my feelings Managing my feelings Standing up for myself	Relationships Knowing myself Understanding my feelings Managing my feelings Understanding the feelings of others Social skills Making choices	Changes Knowing myself Understanding my feelings Understanding the feelings of others Managing my feelings Planning to reach a goal Belonging to a community

	Understanding rights and responsibilities					
Year 5	New Beginnings Belonging Understanding my feelings Managing my feelings Understanding the feelings of others Social skills Making choices Understanding rights and responsibilities	Getting on and falling out Friendship Seeing things from someone else's perspective Working together Managing feeling – anger Resolving Conflict Anti-Bullying	Going For Goals Knowing myself Setting a realistic goal Planning to reach a goal Persistence Making choices Evaluation and review.	Good To Be Me Knowing myself Understanding my feelings Managing my feelings Making choices	Relationships Knowing myself Understanding my feelings Managing my feelings Understanding the feelings of others Social skills Making choices	Changes Knowing myself Understanding my feelings Understanding the feelings of others Managing my feelings Belonging to a community
Year 6	New Beginnings Belonging Understanding my feelings Managing my feelings Understanding the feelings of others Social skills Making choices Understanding rights and responsibilities	Getting on and falling out Friendship Seeing things from someone else's perspective Working together Managing feeling – anger Resolving Conflict Anti-Bullying	Going For Goals Knowing myself Setting a realistic goal Planning to reach a goal Persistence Making choices Evaluation and review.	Good To Be Me Knowing myself Understanding my feelings Managing my feelings Making choices	Relationships Knowing myself Understanding my feelings Managing my feelings Understanding the feelings of others Social skills Making choices	Changes Knowing myself Understanding my feelings Understanding the feelings of others Managing my feelings Belonging to a community

Sex Education overview 2020 – 2021

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer1	Summer 2
EYFS						
Year 1		Body Parts <u>Science Unit</u> <u>Animals Human body</u>				
Year 2	Differences: Boys and girls Differences: Male and Female		Naming Body Parts <u>Science Unit</u> <u>Growth and Survival</u>			
Year 3			Differences: Male and Female <u>Science Unit</u> <u>Animals and Humans</u>			
Year 4			Differences: Male and Female <u>Science Unit</u> <u>Classification Habitats</u>			
Year 5			Puberty and hygiene <u>Science Unit</u> <u>Life Cycles</u>			Talking about puberty Becoming men and women Menstruation and wet dreams Menstruation education
Year 6			Conception and pregnancy <u>Science Unit</u> <u>Humans and Health</u>			Puberty and reproduction Relationships and eproduction Being a parent HIV Transmission FMG

 To also be covered in the relevant science units as parents cannot withdraw their children from the coverage of these units.

 Sex Education coverage