



Burnham-on-Crouch Primary School RSHE Curriculum Overview



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>What is the same and different about us?</p> <p><i>Everybody's body (Medway Yr 1/2 Lesson 3)</i></p>	<p>Who is special to me?</p> <p><i>My special people (Medway Yr 1/2 Lesson 1)</i></p>	Who helps us stay healthy?	What can we do with money?	Who helps to keep us safe?	How can we look after each other and the world?
Year 2	<p>What makes a good friend?</p> <p><i>We are growing (Medway Yr1/2 Lesson 2)</i></p>	What is bullying?	What jobs do people do?	What helps us to stay safe?	What helps us to grow and stay healthy?	How do we recognise our feelings?
Year 3	<p>How can we be a good friend?</p> <p><i>What makes a good friend (Medway Yr 3 lesson 1)</i> <i>Falling out with friends (Medway Yr3 Lesson 2)</i></p>	What keeps us safe?	What are families like?	What makes a community?	Why should we eat well and look after our teeth?	Why should we keep active and sleep well?
Year 4	What strengths, skills and interests do we have?	How do we treat each other with respect?	<p>How can we manage our feelings?</p> <p>Medway relationships and sex education <u>Year 4 and 5 Lesson 2</u></p> <p>Time to change</p>	How will we grow and change?	How can our choices make a difference to others and the environment?	How can we manage risk in different places?



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Year 5	<p>What makes up a person's identity? Medway relationships and sex education <u>Year 4/5 Lesson 3</u> Personal Hygiene</p>	<p>What decisions can people make with money?</p>	<p>How can we help in an accident or emergency?</p>	<p>How can friends communicate s Medway relationships and sex education Year 4/5 Lesson 4 Emotions and feelings</p>	<p>How can drugs common to everyday life effect health?</p>	<p>What jobs would we like?</p>
Year 6	<p>How can we keep healthy as we grow? Medway relationships and sex education Year 6 Lesson 1 and 2 Puberty review and recap Puberty, change and becoming independent</p>	<p>How can the media influence people?</p>		<p>What will change as we become more independent? How do friendships change as we grow? Medway relationships and sex education Year 6 Lessons 3, 4 Positive healthy relationships How a baby is made</p>		

	Health and well being
	Relationships
	Living in the wider world