



Moorside Primary School

RSHE-SMSC Overview

		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Relationships	Families and Friendships	Roles of different peoples; families; feeling cared for	Making friends; feeling lonely and getting help	What makes a family; features of family life	Positive friendships; including online	Managing friendships and peer influence	Attractions to others; romantic relationships, civil partnership and marriage
	Safe Relationships	Recognising privacy; staying safe; seeking permission	Managing secrets ;resisting pressure and getting help; recognising hurtful behaviour	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Physical contact and feeling safe	Recognising and managing pressure; consent in different situations
	Respecting ourselves and others.	How behaviour affects others; being polite and respectful	Recognising things in common differences; playing and working cooperatively; sharing opinions	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Respecting difference and similarities; discussing difference sensitively	Responding respectfully to a wide range of peoples; recognising prejudice and discrimination	Expressing opinions and respecting other points of view, including discussing topical issues.
Living in the Wider World	Belonging to a community	Wat rules are: caring for others' needs; looking after the environment	Belogning to a groups; roles and responsibilities; being the same and different in the community	The valu of rules and laws; rights, freedoms and responsibilities	What makes a community; shared responsibilities	Protecting the environment; compassion towards others	Valuing diversity; challenging discrimination and stereotypes
	Media Literacy and Digital Resilience	Using the internet and digital devices; communicating online	The internet in everyday life; online content and information	How the internet is used; assessing information online	How data is shared and used	How information is targeted; different media types; their role and impact	Evaluating media sources; sharing things online
	Money and Work	Strengths and interests; jobs in the community	What money is; needs and wants; looking after money	Different jobs and skills; job stereotypes; setting personal goals	Making decisions about money; using and keeping money safe	Identifying jo interests and aspirations; what influences career choices; workplace stereotypes.	Influences and attitudes to money; money and financial risks.
Health and Wellbeing	Physical Health and Mental Wellbeing	Keeping healthy; food and exercise, hygiene routines, sun safety	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Healthy choice and habitats,; what affects feelings; expressing feelings	Maintaining a balanced lifestyles,; oral hygiene and dental care	Healthy sleep habits; sun safety; medicines; vaccinations,; immunisations and allergies	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online.
	Growing and Changing	Recognising what makes them unique and special; feelings; managing when things go wrong	Growing older; naming body parts; moving class or year	Personal strengths and achievements; managing and reframing setbacks	Personal identify; recognising individuality and different qualities; mental wellbeing	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Human reproduction and birth; increasing independence; managing transition
	Keeping Safe	How rules and age restrictions help us; keeping safe online	Safety in different environments,; risk and safety at home; emergencies	Risks and hazards; safety in the local environment and unfamiliar places	Medicine and household products; drugs common to everyday life	Keeping safe in different situations including responding in emergencies, first aid and FGM	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media.