

Bressingham Primary School – RSHE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p>In Early Years, RSHE is covered through responsive planning within Personal, Social and Emotional Development, working towards the three ELGs:</p> <p style="text-align: center;">Self-regulation:</p> <ul style="list-style-type: none"> • Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. • Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. • Give focussed attention to what the teacher says, responding appropriately even when engaged in an activity, and show an ability to follow instructions involving several ideas or actions. <p style="text-align: center;">Managing self:</p> <ul style="list-style-type: none"> • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. • Explain the reasons for rules, knowing right from wrong and try to behave accordingly. • Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. <p style="text-align: center;">Building relationships:</p> <ul style="list-style-type: none"> • Work and play co-operatively and take turns with others. • Form positive attachments to adults and friendships with peers. • Show sensitivity to their own and others' needs. 					
Year 1	Internet Safety	My Feelings Road Safety	My Relationships	My Beliefs Sun safety	My Rights and Responsibilities/Asking for Help	My Body include First aid
Year 2	Internet Safety	My Feelings Road safety	My Relationships	My Beliefs Water safety	My Rights and Responsibilities/Asking for Help	My Body include First aid
Year 3-6	Internet safety	My Feelings Road safety Y3,4,6 Bikeability Y5	My Relationships *Y6 only	My Beliefs Sun safety Y3 and 5 Water safety Y4 and 6	My Rights and Responsibilities/Asking for Help	Y3 My Body including First aid Y4-6 My Body and Drugs, alcohol and tobacco
Whole School	Internet safety	Mental Wellbeing	PANTS			PANTS

Year 6 *Child Criminal Exploitation (CCE), Child Sexual Exploitation (CSE) and Extremism (Prevent) will be explored and discussed through identifying and recognising the strategies used in 'grooming' and how to report it and ask for help.