

Stonelow RSHE Curriculum Overview

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
3	How can we be a good friend?	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?
4	What strengths skills and interests do we have?	How do we treat each other with respect?	How can we manage our feelings?	How can we manage risks in different places?	How can our choices make a difference to others and the environment?	How will we grow and change?
5	What makes a person's identity?	What decisions can people make with money?	How can we help in an accident or emergency?	How can friends communicate safely?	How can drugs common to everyday life affect health?	What jobs would we like?
6	How can we keep healthy as we grow?		How can the media influence people?		What will change as we become more independent? How do friendships change as we grow?	

Key:

Health and wellbeing	Living in the wider world	Relationships
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