

F2 Personal Development (PSHE/RSHE) Planning Overview



	1 st Half term		2 nd Half term	
Autumn	Citizenship Identities and Diversity (6 lessons – first 3 lessons in settling in half days) <small>Citizenship - Identities and Diversity (Sessions 4, 5, 6) – covered around celebrations</small>	Myself and My Relationships Beginning and Belonging (6 lessons)	Myself and My Relationships My Family and Friends (4 lessons)	Myself and My Relationships My Emotions (5 lessons)
	Respect, Independence, concentration, listening			
Spring	Myself and My Relationships My Emotions (5 lessons)	Healthy and Safer Lifestyles Healthy Lifestyles (6 lessons)	Citizenship Me and My World (4 lessons)	
	Curiosity, kindness, Resilience, creativity, imagination			
Summer	Healthy and Safer Lifestyles Keeping Safe (8 lessons)		Healthy and Safer Lifestyles My Body and Growing Up (6 lessons)	
	Responsibility, Confidence			
R2R – Explicit Character Muscles to be taught.			New Character Muscles.	

Year 1 Personal Development (PSHE/RSHE) Planning Overview

	1 st Half term		2 nd Half term
Autumn	Myself and My Relationships Beginnings and Belonging (6 lessons)	Myself and My Relationships My Emotions (7 lessons)	Healthy and Safer Lifestyles Relationships and Sex Education (2 lessons)
	Respect , Listening, independence, concentration, perseverance		
Spring	Citizenship Working together (6 lessons)	Citizenship Rights, Rules and Responsibilities (4 lessons)	Healthy and Safer Lifestyles Managing Safety and Risk <i>Including 'Clever Never Goes'</i> (8 lessons to teach across Spring 2 and Summer 1)
	Resilience /bouncing back, Curiosity, imagination, good humour , creativity		
Summer	Healthy and Safer Lifestyles Managing Safety and Risk (Continued)	Healthy and Safer Lifestyles Healthy Lifestyles (6 lessons)	Myself and My Relationships Managing change 2 lessons
	Responsibility , Friendship, risk taking, self-esteem		
R2R – Explicit Character Muscles to be taught.		New Character Muscles.	

Year 2 Personal Development (PSHE/RSHE) Planning Overview

	1 st Half term	2 nd Half term	
Autumn	Citizenship Diversity and Communities 6 lessons (Not Section E 9.5 - 10.6)	Myself and My Relationships Family and friends 5 lessons	Healthy and Safer Lifestyles Drug Education 4 lessons
	Respect , independence, perseverance, friendship, trust , concentration, managing impulsivity		
Spring	Healthy and Safer Lifestyles Personal Safety 12 lessons		Healthy and Safer Lifestyles Relationships and Sex Education 2 lessons
	Resilience , revising/improving, reasoning, passion for learning, curiosity, imagination, creativity		
Summer	Economic Wellbeing Financial Capability 6 lessons	Myself and My Relationships Anti-bullying 7 lessons	Myself and My Relationships Managing change 3 lessons
	Responsibility , good humour, risk-taking, optimism , self-esteem		

Healthy and Safer Lifestyles Digital Lifestyles – covered through e-safety

R2R – Explicit Character Muscles to be taught.

New Character Muscles.