**PSHRE Overview**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Reception** | Building relationships- Family and friends | Mental Toughness | Building relationships- special relationships | Listening and following instructions | My well being | My feelings |
| **Year 1** | Mental Toughness | Health and well being | Family and relationships | Citizenship | Economic well being | Safety and changing body  Transition |
| **Year 2** | Mental Toughness | Health and well being | Family and relationships | Citizenship | Economic well being | Safety and changing body  Transition |
| **Year 3** | Mental Toughness | Health and well being | Family and relationships | Citizenship | Economic well being | Safety and changing body  Transition |
| **Year 4** | Mental Toughness | Health and well being | Family and relationships | Citizenship | Economic well being | Safety and changing body  Transition |
| **Year 5** | Mental Toughness | Health and well being | Family and relationships | Citizenship | Economic well being | Safety and changing body  Transition |
| **Year 6** | Mental Toughness | Health and well being | Family and relationships | Citizenship | Economic well being | Safety and changing body  Identity and Transition |