RSHE Long Term Overview – Freemantle Academy's Thematic Model EYFS – Year 6

	Autumn: Relationships			Spring: Living in the wider world			Summer: Health and Wellbeing		
	Families and friendships	**Safe relationships**	**Respecting ourselves and others**	**Belonging to a community**	**Media literacy and digital resilience**	**Money and work**	**Physical health and wellbeing**	**Growing and changing**	**Keeping safe**
Nursery	All about me and my family – likes, dislikes, similarities, differences. Who is in my family? Who is in my group/class? What makes me special? Cyril the reading squirrel – share family life by sharing adventures with the class toy.	Develop confidence in playing and talking with a range of children and adults. Learn about people who take care of us (trust).	How we can stay safe – simple nursery rules. Develop sense of responsibility by joining in with routines to help each other e.g. tidy up, collect fruit/milk etc. Learning how to share and take turns in play.	How we can stay safe – simple nursery rules. Learning how to share and take turns in play. Who is in our Academy or in our community? What do these people do?	Cyril the reading squirrel – share family life by sharing photographs on Tapestry with the class toy. Sharing online safety information with parents/carers to promote responsible and safe use of the Internet	What is money for? Explore using money to pay for items in the play shop and by going to the shop. People who help us in the community – what jobs do people do? How do they help us?	Hygiene and our bodies - Explore the importance of toothbrushing. Safety around animals – farm trip – effective hand washing and listening to special rules. Explore feelings through a multi-sensory approach – develop vocabulary to explore emotions.	How have we changed? What are we proud of? Explore in preparation for Nursery graduation and transition. Resolving conflicts effectively – supporting children to self-regulate and manage conflict effectively through modelling and activities.	How we can stay safe – simple nursery rules – consider how we can share these rules with others.
Reception	Find out about each child's history – likes, dislikes, family and culture. Getting to know each other and making friends. Y&T Module 1	Learn to build constructive and responsible relationships – through CP, different groupings, adult and child led activities. Learn about people we can trust. Y&T Module 1	Dialogic book shares to explore feelings and emotions. Regular circle time to explore feelings and emotions. Managing personal hygiene effectively – routines, effective hand washing, brushing teeth, healthy eating.	How rules help to keep us safe – classroom rules Looking after the environment – recycling bins. Learn about reliance and perseverance – work to develop skills of self-regulation and managing emotions effectively through modelling, scaffolding and circle time.	Using the internet safely – how can we use the internet safely to find out more about the world we live in? Write an email – share this as another form of communication – who can we write to? (Staying safe) Sharing online safety information with parents/carers to promote responsible use. Y&T Module 1	What is money for? Explore using money to pay for items within CP. Link to transport topic – is travel free? Responsible travel.	Dialogic book shares to explore feelings and emotions – how do the characters feel about challenges and how do they overcome them? Regular circle time to explore feelings and emotions – exploring scenarios to consider how we could respond to them positively.	What makes us special? How can we stay safe and travel safely in our local environment – road safety – preparation for visit to the country park.	How rules help to keep us safe – classroom rules Online safety – how do we use the internet safely? Managing personal hygiene effectively – routines, effective hand washing, brushing teeth, healthy eating. Y&T Module 1

Year 1	Roles of different people; families; feeling cared for Y&T Module 1	Recognising privacy; staying safe; seeking permission Y&T Module 1 Clever Never Goes	How behaviour affects others; being polite and respectful	What rules are – caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online NSPCC Speak Out Stay Safe	Strengths and interests; jobs in the community	Keeping healthy; food and exercise; hygiene routines; sun safety Y&T Module 1	Recognising what makes them unique and special; feelings; managing when things go wrong Mental Health and Emotional Wellbeing Pack PSHE Ass	How rules and age restrictions help us; keeping safe online Y&T Module 1 Clever Never Goes
Year 2	Making friends; feeling lonely and getting help Y&T Module 1 Clever Never Goes	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour Y&T Module 1	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information NSPCC Speak Out Stay Safe	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help Y&T Module 1	Growing older; naming body parts; moving class or year Y&T Module 1	Safety in different environments; risk and safety at home; emergencies Y&T Module 1 Clever Never Goes
Year 3	What makes a family; features of family life Y&T Module 2	Personal boundaries; safely responding to others; the impact of hurtful behaviour Y&T Module 2 Clever Never Goes	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights; freedoms and responsibilities	How the internet is used; accessing information online ThinkUKnow NSPCC Speak Out Stay Safe	Different jobs and skills; job stereotypes; setting personal goals Y&T Module 2	Health choices and habits; what affects feelings; expressing feelings Y&T Module 2	Personal strengths and achievements; managing and re-framing setbacks Mental Health and Emotional Wellbeing Pack PSHE Ass	Risks and hazards; safety in the local environment and unfamiliar places Y&T Module 2 Clever Never Goes
Year 4	Positive friendships; including online Y&T Module 2 Clever Never Goes	Responding to hurtful behaviour; managing confidentiality; recognising risks online Y&T Module 2	Respecting differences and similarities; discussing difference sensitively Y&T Module 2	What makes a community; shared responsibilities	How data is shared and used ThinkUKnow NSPCC Speak Out Stay Safe	Making decisions about money; using and keeping money safe PSHE Ass. Economic Wellbeing	Maintaining a balanced lifestyle, oral hygiene and dental care Mental Health and Emotional Wellbeing Pack PSHE Ass. Y&T Module 2	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty Y&T Module 2	Medicines and household products; drugs common to everyday life PSHE Ass. Drugs and Alcohol Pack
Year 5	Managing friendships and peer influence Y&T Module 3	Physical contact and feeling safe Y&T Module 3 Clever Never Goes	Responding respectfully to a wide range of people, recognising prejudice and discrimination Y&T Module 3	Protecting the environment, compassion towards others	How information online is targeted; different media types; their role and impact ThinkUKnow NSPCC Speak Out Stay Safe	Identifying job interests and aspirations; what influences career choices; workplace stereotypes Y&T Module 3	Healthy sleep habits; sun safety; medicines; vaccinations, immunisations and allergies PSHE Ass. Drugs and Alcohol Pack	Personal identity; recognising individuality and different qualities; mental wellbeing Mental Health and Emotional	Keeping safe in different situations, including responding in emergencies, first aid (and FGM) Y&T Module 3

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Year 6	Attraction to others; romantic relationships, civil partnerships and marriage	Recognising and managing pressure; consent in different situations Y&T Module 3 Clever Never Goes	Expressing opinions and respecting other points of view, including discussing topical issues Y&T Module 3	Valuing diversity; challenging discrimination and stereotypes Y&T Module 3	Evaluating media sources; sharing things online ThinkUKnow NSPCC Speak Out Stay Safe	Influences and attitudes to money; money and financial risks PSHE Ass. Economic Wellbeing	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online Mental Health and Emotional Wellbeing Pack PSHE Ass	Human reproduction and birth; increasing independence; managing transition Y&T Module 3	Keeping personal information safe, regulations and choices; drug use and the law; drug use and the media PSHE Ass. Drugs and Alcohol Pack Clever Never Goes

Links to British Values across EYFS		**Democracy**	**The rule of law**	**Individual liberty**	**Mutual Respect and Tolerance**
	The Fundamental British Values of 'Democracy', 'The Rule of Law', 'Individual Liberty' and 'Mutual Respect' are embedded throughout our EYFS curriculum and practice. In the adjacent columns are some examples of ways we actively promote British Values in EYFS	We promote the use of 'Restorative Practice' by supporting children with their feelings and emotions and scaffolding negotiations through play, ensuring children have plenty of opportunities to work together and learn how to share. We introduce the idea of voting through exploring activity choices and when selecting books for story time. We ensure our children are encouraged to share their ideas to actively participate in the learning journey.	We share rules inc. use and tidying of resources for Continuous Provision. We support children to learn area names and how to access the resources in a respectful way. We learn and reinforce hygiene rules e.g. effective handwashing, disposal of tissues etc to build understanding. We explore behaviour and feelings through play, circle time and stories to help children understand their own and others' feelings.	We highlight children's confidence in their abilities by sharing their achievements and successes, and promoting independence. We provide opportunities to take managed risks in play and give opportunities for children to discuss their feelings with their Key Person, reflecting upon similarities and differences. We provide opportunities for children to follow and develop their own interests and ideas through play.	We explore and promote different faiths, cultures, views and races through our topics, national celebrations, culture days, and through high quality picture books. We encourage children and their families to share their experiences, exploring similarities and differences between themselves and others, pointing out features in our immediate environment, such as Freemantle Church.
British Values across KS1 and KS2	British Values continue to be explored and promoted through KS1 and KS2 as part of PSHE/RSHE, CW, and whole school practices such as when engaging in democratic voting is selecting Eco Warriors or Mental Health Champions.				