

Osidge PSHE/RSE Skills Progression 2020 (Blocks)

Term	Autumn	Spring	Summer
Year Group	Relationships	Health and Wellbeing (RSE and Drugs & Alcohol)	Living in the Wider World
Year 1	All About Me My Friendships Losing and Finding My Family	Awareness of Feelings Keeping Well and Clean Keeping Safe	Being Different The Environment Looking After Myself Money
Year 2	All About My Feelings Making and Breaking Friendships Coping with Conflict Exploring Our Families	Healthy People About My Body Keeping Safe	Money, Shopping and Saving Special Days Global Food
Year 3	Peer Influence/Pressure Safe Relationships Different Families	Healthy Lifestyles Emotions and Feelings Drug n Education – Smoking and Basic First Aid Keeping Safe	Me and My Community Where Do Things Come From? Aspirations Managing Money
Year 4	Persuasion and Pressure Friendships/Inclusion Types of Relationships	Healthy Lifestyles Mental Health Rights and Responsibilities Growing and Changing Drug Education – Alcohol and Decision Making	Media and Me Local Community-shared Responsibilities Aspirations Managing Money
Year 5	Self-Respect and Personal Goals Friendships and Coping sand with Bullying Being Left Out Relationships	Healthy Lifestyles Mental Health and Wellbeing Personal Safety Puberty Drug Education – Legal and Illegal Drugs	Stereotypes and Diversity Working Together and Aspirations What Makes a Democracy Money Media Literacy and Digital Resilience
Year 6	Conflict Resolution Family Dynamics Relationships	Healthy Lifestyles Mental Health and Online Safety Puberty and Relationships Drug Education – Drugs, Risk and the Media Sex Education Moving On	Celebration – Supporting Each Other Democracy and Decisions Media Literacy and Digital Resilience Money and Me Protected Characteristics and Bullying Aspirations, Work and Career