

PSHE & RSE Long Term Overview

In Reception and Key Stage 1, we use the Derbyshire Scheme 'PSHE Matters' as a basis for our PSHE & RSE planning.

Core themes: **Health & Wellbeing** **Relationships** **Living in the Wider World**

Cycle A 2024 - 2025	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Relationships	Being Responsible	Exploring Emotions	Difference & Diversity	Being Safe	Changes
Y1	Relationships	Being Responsible	Exploring Emotions	Difference & Diversity	Being Safe	Changes
Y2	Relationships	Being Responsible	Exploring Emotions	Difference & Diversity	Being Safe	Changes

Cycle B 2025 - 2026	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Being Me	Bullying Matters	Money Matters	Drug Education	Being Healthy	Growing Up
Y1	Being Me	Bullying Matters	Money Matters	Drug Education	Being Healthy	Growing Up
Y2	Being Me	Bullying Matters	Money Matters	Drug Education	Being Healthy	Growing Up

*PSHE = Personal, Social, Health & Economic Education

RSE = Relationships & Sex Education