

## Overview for PSHE

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>N</b>	SEAL - New beginnings Induction - settling in, establishing routines	SEAL - Getting on & falling out	SEAL - Going for goals	SEAL - Good to be me Health week - keeping safe and healthy	SEAL - relationships	SEAL - changes Transition to Reception
<b>R</b>	SEAL - New beginnings Induction - settling in, establishing routines	SEAL - Getting on & falling out SEAL - Say no to bullying	SEAL - Going for goals	SEAL - Good to be me Health week - keeping safe and healthy	SEAL - relationships	SEAL - changes Transition to Year 1
<b>1</b>	SEAL - New beginnings	SEAL - Getting on & falling out SEAL - Say no to bullying	SEAL - Going for goals	SEAL - Good to be me Health week - keeping safe and healthy Drugs and alcohol education - medicines and people who help us	SEAL - relationships	SEAL - changes Relationships and sex education - growing and caring for ourselves
<b>2</b>	SEAL - New beginnings	SEAL - Getting on & falling out SEAL - Say no to bullying	SEAL - Going for goals	SEAL - Good to be me Health week - keeping safe and healthy Drugs and alcohol education - keeping safe	SEAL - relationships	SEAL - changes Relationships and sex education - differences

<b>3</b>	SEAL - New beginnings	SEAL - Getting on & falling out SEAL - Say no to bullying	SEAL - Going for goals	SEAL - Good to be me Health week - keeping safe and healthy Drugs and alcohol education - smoking	SEAL - relationships	SEAL - changes Relationships and sex Education - valuing differences and keeping safe
<b>4</b>	SEAL - New beginnings	SEAL - Getting on & falling out SEAL - Say no to bullying	SEAL - Going for goals	SEAL - Good to be me Health week - keeping safe and healthy Drugs and alcohol education - alcohol	SEAL - relationships	SEAL - changes Relationships and sex education - growing up
<b>5</b>	SEAL - New beginnings	SEAL - Getting on & falling out SEAL - Say no to bullying	SEAL - Going for goals	SEAL - Good to be me Health week - keeping safe and healthy Drugs and alcohol education - legal and illegal drugs	SEAL - relationships	SEAL - changes Relationships and sex education - puberty
<b>6</b>	SEAL - New beginnings	SEAL - Getting on & falling out SEAL - Say no to bullying	SEAL - Going for goals	SEAL - Good to be me Health week - keeping safe and healthy Drugs and alcohol education - preventing early use	SEAL - relationships	SEAL - changes Relationships and sex education - puberty and reproduction Transition to secondary school