

**Ruyton**  
**Rolling Programme for PSHE and RSE**

**Year R/1**

	<b>Year A – 2018/19</b>	<b>PSHE Scheme of Work</b>	<b>Year B - 2017/18</b>
<b>Autumn Term</b>	<b>SEALS</b> New Beginnings Anti-bullying week <b>PHSE &amp; Citizenship &amp; Equal opportunities</b> <i>Me &amp; My Relationships</i> <i>SUMO – Beach Ball</i> <b>RSE – Choices and Challenges – Caring for Pets, People who care for us, Body Outline</b> <b>RSE – Changes – Amazing me, Same but Different, Animals and their Babies</b>	<b>Relationships</b> <b>Health and Wellbeing</b>	<b>SEALS</b> Relationships <b>PHSE &amp; Citizenship &amp; Equal opportunities</b> Me & My Community <i>SUMO – 7 Principles</i> <b>RSE – Choices and Challenges – Caring for Pets, People who care for us, Body Outline</b> <b>RSE – Changes – Amazing me, Same but Different, Animals and their Babies</b>
<b>Spring Term</b>	<b>SEALS</b> Going for Goals <b>PHSE &amp; Citizenship &amp; Equal opportunities</b> <i>Challenges For Me</i> <i>How Can I learn to understand Other People?</i> <i>SUMO – Fruity Thinking</i> <b>RSE- Choices and Challenges – Car Wash</b>	<b>Health and Wellbeing</b> <b>Relationships</b>	<b>SEALS</b> Good to be Me <b>PHSE &amp; Citizenship &amp; Equal opportunities</b> Me as a Special Person How am I Unique / Me & My Health <i>SUMO – Change your T-Shirt</i> <b>RSE- Choices and Challenges – Car Wash</b>
<b>Summer Term</b>	<b>SEALS</b> Getting on & Falling out <b>PHSE &amp; Citizenship &amp; Equal opportunities</b> <i>Me as a Consumer</i> <i>Careers &amp; The World of Work</i> <b>SUMO – Bubble</b> <b>RSE – Choices and Challenges – Storytime</b> <b>RSE – Changes – Animals and their Babies</b> <b>Care and Commitment – The Importance of Hygiene</b>	<b>Living in the Wider World</b>	<b>SEALS</b> Changes <b>PHSE &amp; Citizenship &amp; Equal opportunities</b> Being a Citizen <b>SUMO – Hippo Time</b> <b>RSE – Choices and Challenges – Storytime</b> <b>RSE – Changes – Animals and their Babies</b> <b>Care and Commitment – The Importance of Hygiene</b>

## YEARS 2/3

	Year A – 2016/17	PSHE Scheme of Work	Year B – 2017/18
<b>Autumn Term</b>	<i>PSHE</i> – Thinking about me. Me As A Person Relationships Ch 6 SEALs – New Beginnings & Bullying SUMO – Beach Ball <b>RSE – Changes – L3 animals and their babies (Y1/2)</b> <b>L1 Growing up (Y3)</b>	<b>Relationships</b> <b>Health and Wellbeing</b>	<i>PSHE</i> – Me & Democracy. Citizenship.Ch6 Making Decisions for Me. Person. Ch 4 SEALs Relationships SUMO – 7 Principles <b>RSE – choices and challenges – People who care for us</b> <b>RSE – Care and Commitment – Hygiene (Y1/2)</b>
<b>Spring Term</b>	<i>PSHE</i> – Me & My Options. Health Me & My Health. Health SEALs Going for Goals SUMO – Fruity Thinking <b>RSE – Changes – L2 Changes (Y3)</b> <b>RSE – Changes – L4 I can Do (Y1/2)</b>	<b>Health and Wellbeing</b> <b>Relationships</b>	<i>PSHE</i> - Me & People from our World. Relationships. Ch 2 Me & My Identity. Citizenship. Ch 5 SEALs Good to be me <b>RSE – choices and challenges – Sorrytime</b> <b>RSE – Changes – Fact and Fiction (Y3)</b>
<b>Summer Term</b>	<i>PSHE</i> – Me & Drugs. Health Ch4 Me & Decisions. Citizen. Ch 4 SEALs Getting on & Falling out SUMO – Bubble <b>RSE – Changes – L5 Being Safe (Y1/2)</b> <b>RSE – Friendship (Y3)</b>	<b>Living in the Wider World</b>	<i>PSHE</i> – Understanding a Changing Me. Person Ch 5 SEALs Changes SUMO – Hippo Time <b>RSE – choices and challenges – Body outline (KS1) and Create a Character (KS2)</b>

# YEARS 4 / 5

	Year A – 2016/17	PSHE Scheme of Work	Year B – 2017/18
<b>Autumn Term</b>	<i>PSHE</i> – Relationships Ch 3 Health Ch 5 SEALs – New Beginnings & Bullying SUMO – Beach Ball <b>RSE – Care and Commitment - Celebrating</b> <b>RSE – Choices and Challenges – Create a Character</b>	<b>Relationships</b> <b>Health and Wellbeing</b>	<i>PSHE</i> – Me & Democracy. Citizenship.Ch6 Making Decisions for Me. Person. Ch 4 SEALs Relationships SUMO – 7 Principles <b>RSE – Choices and Challenges – Create a Character</b> <b>RSE – Changes - Puberty (Y5)</b> <b>RSE – Care and Commitment - Celebrating</b>
<b>Spring Term</b>	<i>PSHE</i> – Me & My Options. Health Me & My Health. Health SEALs Going for Goals SUMO – Fruity Thinking <b>RSE – Care and commitment – What and who helps</b> <b>RSE – Choices and Challenges – Conscience Alley</b>	<b>Health and Wellbeing</b> <b>Relationships</b>	<i>PSHE</i> – A Confident Me. Person Ch 3 Me & My Actions. Relationships Ch 1 Relationships Ch 4 SEALs Good to be me SUMO – Change your T-Shirt <b>RSE – Choices and Challenges – Conscience Alley</b> <b>RSE – Changes – How do we Change?</b> <b>RSE – Care and commitment - Choice challenge</b>
<b>Summer Term</b>	<i>PSHE</i> – Me & Drugs. Health Ch4 Me & Decisions. Citizen. Ch 4 SEALs Getting on & Falling out SUMO – Bubble <b>RSE – Choices and Challenges – Overheard Conversation</b> <b>RSE – Changes – Life cycles changes as we grow</b> <b>RSE – Care and Commitment – Healthy Choice Challenge</b>	<b>Living in the Wider World</b>	<i>PSHE</i> – Understanding a Changing Me. Person Ch 5 SEALs Changes SUMO – Hippo Time <b>RSE – Choices and Challenges – Overheard Conversation</b> <b>RSE – Care and Commitment – What and who helps</b>

## YEARS 5 / 6

	Year A – 2016/17	PSHE Scheme of Work	Year B – 2017/18
<b>Autumn Term</b>	<i>PSHE</i> – Thinking about me. Me As A Person p10 – 13 Relationships Ch 6 SEALs – New Beginnings & Bullying <b>SUMO</b> – Beach Ball	<b>Relationships</b> <b>Health and Wellbeing</b>	<i>PSHE</i> – Me & Democracy. Citizenship.Ch6 Making Decisions for Me. Person. Ch 4 SEALs Relationships <b>SUMO</b> – 7 Principles
<b>Spring Term</b>	<i>PSHE</i> – Me & My Options. Health Me & My Health. Health SEALs Going for Goals <b>SUMO</b> – Fruity Thinking	<b>Health and Wellbeing</b> <b>Relationships</b>	<i>PSHE</i> - Me & Drugs. Health Ch4 STAR Me & Decisions. Citizen. Ch 4 SEALs Good to be me <b>SUMO</b> – Change your T-Shirt
<b>Summer Term</b>	<i>PSHE</i> – Me & People from our World. Relationships. Ch 2 Me & My Identity. Citizenship. Ch 5 SEALs Getting on & Falling out <b>SUMO</b> - Bubble	<b>Living in the Wider World</b>	<i>PSHE</i> – Understanding a Changing Me. Person Ch 5 Body Changes in Puberty. SEALs Changes <b>SUMO</b> – Hippo Time