**PSHE/RSE**

**No Outsiders/My Happy Mind/Zones of Regulation /Relationship & Sex Education**

**Term Length 2023/24**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
|  | 34 days | 35 days | 32 days | 23 days | 29 days | 37 days |
| EYFS | Relationships | Living in the Wider World | Health and Well  |
| PSED | Self Regulation | Managing Self | Building Relationships |
|  | Meet Your Brain | Celebrate | Appreciate | Relate | Engage | Family & Friendship |
| Year 1 | Relationships | Living in the Wider World | Health and Well  |
|  | Meet Your Brain | Celebrate | Appreciate | Relate | Engage | Growing and Caring For Ourselves |
| Year 2 | Relationships | Living in the Wider World | Health and Well  |
|  | Meet Your Brain | Celebrate | Appreciate | Relate | Engage | Differences |
| Year 3 | Relationships | Living in the Wider World | Health and Well  |
|  | Meet Your Brain | Celebrate | Appreciate | Relate | Engage | Valuing Difference and Keeping Safe |
| Year 4 | Relationships | Living in the Wider World | Health and Well  |
|  | Meet Your Brain | Celebrate | Appreciate | Relate | Engage | Growing Up |
| Year 5 | Relationships | Living in the Wider World | Health and Well  |
|  | Meet Your Brain | Celebrate | Appreciate | Relate | Engage | Puberty |
| Year 6 | Relationships | Living in the Wider World | Health and Well  |
|  | Meet Your Brain | Celebrate | Appreciate | Relate | Engage | Meet Your BrainPuberty, Relationships & Reproduction |