



## Waterhouses CE Primary Academy and Nursery

“Let your light shine”

*Make your light shine, so others will see the good you do and will praise your Father in heaven. Matt 5 v 16*

### Planning Overview for PSHE and RSE

Class/Term	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Nursery/Reception 2025/6	Self-regulation: My feelings  Class Rules and responsibilities linked to feelings  Building independence	Building relationships:  Special relationships	Building relationships:  My family and friends	Self-regulation:  Listening and following Instructions	Managing self:  Taking on challenges	Managing self:  My wellbeing
Year 1 and 2 Otters 2025/6	Introductions Setting ground rules for PSHE and RSE  Family and relationships	Family and relationships  Health and wellbeing	Health and wellbeing  Safety and the changing body	Safety and the changing Body  Citizenship	Citizenship  Economic wellbeing	Economic wellbeing  Transition lesson
Year 3 Penguins 2025/6	Setting ground rules for PSHE and RSE  Family and relationships	Family and relationships  Health and wellbeing	Health and wellbeing  Safety and the changing body	Safety and the changing body  Citizenship	Citizenship  Economic wellbeing	Economic wellbeing  Transition



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### **Planning Overview for PSHE and RSE**

Years 4/5/6 White Tigers 2025/6	Setting the ground Rules for PSHE	Family and Relationships	Health and Wellbeing	Economic Wellbeing	Citizenship	Safety
Based on Year 5 scheme of work	Family and Relationships	Health and Wellbeing	Economic Wellbeing	Citizenship	Safety	Changing Body  Transition  RSE