



## PHSE & RHE Overview

EYFS – Cycle A	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Health and Wellbeing				Relationships				Living in the Wider World			
	Healthy lifestyles	Ourselves, growing and changing	Keeping safe	Feelings & Emotions	Healthy Relationships	Valuing difference	British Values	Environment	Money			
	<p><b>1. Topic: Keeping healthy. Healthy lifestyle decisions</b> Ten: Ten: Ready Teddy.</p> <p><b>2. Topic: What is exercise?</b> Kapow: Managing self: Lesson 1.</p> <p><b>3. Topic: Self care, dressing and hygiene</b> Kapow: Managing self: Lesson 3</p>	<p><b>4. Topic: Handmade with love</b> Ten: Ten: Handmade with love</p> <p><b>5. Topic: I am special</b> Ten: Ten: I am me</p> <p><b>6. Topic: Resilience</b> Kapow: Taking on challenges: Lesson 6</p>	<p><b>7. Topic: My body and keeping it safe</b> Ten: Ten: Heads, Shoulders, Knees and Toes</p> <p><b>8. Topic: Pants are private</b> Ten: Ten: My body rules</p> <p><b>9. Topic: Online safety: Using devices</b> Ten: Ten: What is the internet?</p> <p><b>10. Topic: Safe inside and outside</b> Ten: Ten: Safe Inside Out</p>	<p><b>1. Topic: Identifying my feelings</b> Kapow: My feelings: Lesson 1</p> <p><b>2. Topic: Feelings</b> Kapow: My feelings: Lesson 1</p> <p><b>3. Topic: Self regulation</b> Kapow: My feelings: Lesson 3</p>	<p><b>4. Topic: Role Model</b> Ten: Ten: Role Model</p> <p><b>5. Topic: People I trust</b> Ten: Ten: Who's who</p> <p><b>6. Topic: Sharing</b> Kapow: Building relationships: Lesson 2</p> <p><b>7. Topic: What makes a good friend?</b> Kapow: Building relationships: Lesson 3</p>	<p><b>8. Topic: Being a good friend</b> Kapow: Building relationships: Lesson 4</p> <p><b>9. Topic: Teamwork</b> Kapow: Building relationships: Lesson 5</p>	<p><b>1. Topic: Rules</b> Kapow: Taking on challenges: Lesson 1</p> <p><b>2. Topic: Community</b> Kapow: Taking on challenges: Lesson 2</p> <p><b>3. Topic: People who help us.</b> Ten: Ten: People who help us</p> <p><b>4. Topic: Created to live in community</b> Ten: Ten: God is love</p>	<p><b>5. Topic: Created to live in community</b> Ten: Ten: Loving God, loving others</p> <p><b>6. Topic: Caring for our world and community</b> Ten: Ten: Me, you, us</p>	<p><b>7. Topic: When I grow up</b> Ten: Ten: When I grow up</p> <p><b>8. Topic: Money</b> Ten: Ten: Money doesn't grow on trees</p>			



EYFS – Cycle B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2			
	Health and Wellbeing		Relationships			Living in the Wider World			
	Healthy lifestyles	Ourselves, growing and changing	Keeping safe	Feelings & Emotions	Healthy Relationships	Valuing difference	British Values	Environment	Money
	<p><b>1. Topic: Healthy lifestyle decisions</b> Ten: Ten: Ready Teddy</p> <p><b>2. Topic: Eating healthily</b> Kapow: Managing self: Lesson 5</p> <p><b>3. Topic: Being a safe pedestrian</b> Kapow: Managing self: Lesson 4</p>	<p><b>4. Topic: Handmade with love</b> Ten: Ten: Handmade with love</p> <p><b>5. Topic: I am special</b> Ten: Ten: I am me</p> <p><b>6. Topic: We all have differences</b> Ten: Ten: I like, you like, we all like</p> <p><b>7. Topic: The changes as we grow up</b> Ten: Ten: Growing Up</p>	<p><b>8. Topic: My body and keeping it safe</b> Ten: Ten: Heads, Shoulders, Knees and Toes</p> <p><b>9. Topic: Pants are private</b> Ten: Ten: My body rules</p> <p><b>10. Topic: Online safety</b> Ten: Ten: Playing Online</p> <p><b>11. Topic: Medicine and Drugs</b> Ten: Ten: Feeling Poorly</p>	<p><b>1. Topic: Naming emotions</b> Ten: Ten: All the feelings</p> <p><b>2. Topic: Actions have consequences</b> Ten: Ten: Let's get real</p> <p><b>3. Topic: Self regulation</b> Kapow: My feelings: Lesson 3</p>	<p><b>4. Topic: People I trust</b> Ten: Ten: Who's who</p> <p><b>5. Topic: Positive and negative relationships</b> Ten: Ten: You've got a friend in me</p> <p><b>6. Topic: Forgiveness and saying sorry</b> Ten: Ten: Forever Friends</p>	<p><b>7. Topic: My interests</b> Kapow: Building relationships: Lesson 5</p> <p><b>8. Topic: Similarities and differences</b> Kapow: Building relationships: Lesson 6</p>	<p><b>1. Topic: Diversity – Similarities and difference</b> Kapow: Special relationships: Lesson 6</p> <p><b>2. Topic: People who help us.</b> Ten: Ten: People who help us</p> <p><b>3. Topic: Created to live in community</b> Ten: Ten: God is love</p>	<p><b>4. Topic: Created to live in community</b> Ten: Ten: Loving God, loving others</p> <p><b>5. Topic: Caring for our world and community</b> Ten: Ten: Me, you, us</p>	<p><b>6. Topic: When I grow up</b> Ten: Ten: When I grow up</p> <p><b>7. Topic: Money</b> Ten: Ten: Money doesn't grow on trees</p>