



## PSHE & RSE at Catshill Federation

At Catshill First School and Nursery & Catshill Middle School we believe that Personal, Social and Health and Economic Education (PSHE) and Relationships and Sex Education (RSE) enable children the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens.

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
EYFS KS1 KS2	<p>Being Me in My World</p> <p>Being Me in My World</p>	<p>Celebrating Difference</p> <p>Celebrating Difference</p>	<p>Dreams and Goals</p> <p>Dreams &amp; Goals</p>	<p>Healthy Me</p> <p>Healthy Me</p>	<p>Relationships</p> <p>Relationships</p>	<p>Changing Me</p> <p>Changing Me</p>
	<a href="#">PDF BM, Age 3-12 Parent Know...</a>	<a href="#">PDF Age 3-12, CD Parent Knowl...</a>	<a href="#">PDF Age 3-12, DG Parent Know...</a>	<a href="#">PDF Age 3-12, HM Parent Knowl...</a>	<a href="#">PDF Age 3-12, R Parent Knowl...</a>	<a href="#">PDF Age 3-12, CM Parent Knowl...</a>
Year 7	<p>How do I fit into the world I live in?</p>	<p>Do we need to feel "the same as" to belong?</p>	<p>Can my choices affect my dreams and goals?</p>	<p>To what extent am I responsible for my mental and physical health?</p>	<p>What can make a relationship healthier or less healthy?</p>	<p>Do I stay the same when things around me change?</p>
Year 8	<p>Can I choose how I fit into the world?</p>	<p>How different are we really?</p>	<p>Can the choices I make now influence my future?</p>	<p>Can I become more responsible for my health and happiness?</p>	<p>How much should what and who are around us impact our self-worth?</p>	<p>What factors can make an intimate relationship happy and healthier?</p>