 **RHSE overview 2022-2023**

At Grange View First School, we follow the PSHE Jigsaw scheme which connects Personal, Social, Health and well-being. It is taught at age appropriate level and allows for progression throughout their time in our school.

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| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Being me in the world**  Caring friendships  Respectful relationships  Online relationships  Mental well-being | **Celebrating Difference**  Caring friendships  Respectful relationships  Online relationships  Being safe  Internet safety and harms | **Dreams and Goals**  Respectful relationships  Mental wellbeing | **Healthy Me**  Being safe  Mental wellbeing  Physical health and fitness  Healthy eating  Drugs and alcohol  Health and prevention  First Aid | **Relationships**  Families and the people who care for me  Caring friendships  Respectful relationships  Online relationships  Being safe  Mental – wellbeing  Internet safety and harm | **Changing me**  Families and the people who care for me  Caring friendships  Respectful relationships  Online relationships  Being safe  Mental wellbeing |