 **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 friendshipsRespectful relationshipsOnline relationshipsMental well-being  | **Celebrating Difference**Caring friendshipsRespectful relationshipsOnline relationshipsBeing safeInternet safety and harms  | **Dreams and Goals**Respectful relationshipsMental wellbeing | **Healthy Me**Being safeMental wellbeingPhysical health and fitnessHealthy eatingDrugs and alcoholHealth and preventionFirst Aid  | **Relationships**Families and the people who care for meCaring friendshipsRespectful relationshipsOnline relationshipsBeing safeMental – wellbeing Internet safety and harm | **Changing me**Families and the people who care for meCaring friendshipsRespectful relationshipsOnline relationshipsBeing safeMental wellbeing |