

## Alvaston Junior Academy PSHE Subject Overview including RHE (2023- 2024)

(Some topics bridge one or more themes and other aspects are taught through science or computing as and when the circumstances require it)

### Key Themes

Health and Well-Being

Relationships Education

Living in the Wider World

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 3</b>	Rules and Responsibilities	Healthy Lifestyles	Resilience & Keeping Safe <i>Zippy Module 6</i>	Safety (e-safety)	Similarities and Differences	Emotions
<b>Year 4</b>	Rules and Responsibilities	Physical, Emotional and Mental Health Feelings <i>Apple Module 1</i>	Economic Awareness (Managing Money)	Communication – <i>Apple Module 2</i>	Growing and Changing	First Aid
<b>Year 5</b>	Rules and Responsibilities	Nutrition and Food	Friendship <i>Apple Module 3</i>	Drugs, Alcohol and Tobacco	Solving Problems – <i>Apple Module 4</i> Include cyber bullying	Health – Physical, Emotional and Mental
<b>Year 6</b>	Rights and Responsibilities	Changes, including Loss <i>Apple Module 5</i>	Healthy Relationships	Aspirations	Economic Awareness  Business Enterprise	Moving Forward – <i>Apple Module 6</i>  Transition School Nurse Visit