



---

### **PHSE Matters Overview**

In year 3, children cover the following topics:

Being healthy, Relationships, Exploring emotions, Diversity, Being responsible and Bullying matters.

In year 4, children cover the following topics:

Drug education, Being me, Changes, Growing up, Money matters and Being safe.

In year 5, children revisit the topics that they studied in year 3 but build upon them and extend their knowledge. Year 5 also have dedicated time to learn about puberty, menstruation and body changes.

Year 5 topics include:

Being healthy, Relationships, Exploring emotions, Difference and diversity, Being responsible and Bullying matters.

In year 6, children revisit the topics that they studied in year 4 building upon prior learning and extending their knowledge and understanding. Dedicated time is given to Sex and Relationships Education where children build upon their learning of puberty and body changes from year 5 and they learn about conception. Year 6 topics include:

Being me, Being safe, Money Matters, Drug education, Growing up (to include Alright Charlie) and Changes (including SRE).

If you would like more information about any of the above topics, please feel free to contact Mrs Dowling (PHSE lead and Deputy Head) in school.

