



# PSHE Long Term Overview

- Relationships
- Living in the wider world
- Health and wellbeing

	Autumn			Spring			Summer		
Year 1	<b>Families and friendships</b> Roles of different people; families; feeling cared for	<b>Safe relationships</b> Recognising privacy; staying safe; seeking permission	<b>Media literacy and digital resilience</b> Using the internet and digital devices; communicating online	<b>Keeping safe (autumn)</b> How rules and age restrictions help us; keeping safe online	<b>Belonging to a community</b> What rules are; caring for others' needs; looking after the environment	<b>Respecting ourselves and others</b> How behaviour affects others; being polite and respectful	<b>Money and work</b> Strengths and interests; jobs in the community	<b>Physical health and Mental wellbeing</b> Keeping healthy; food and exercise, hygiene routines; sun safety	<b>Growing and changing</b> Recognising what makes them feel unique and special; feelings; managing when things go wrong
Year 2	<b>Families and friendships</b> Making friends; feeling lonely and getting help	<b>Belonging to a community</b> Belonging to a group; roles and responsibilities; being the same and different in the community	<b>Safe relationships</b> Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	<b>Respecting ourselves and others (autumn 2)</b> Recognising things in common and differences; playing and working co-operatively; sharing opinions	<b>Keeping safe (Great Fire of London)</b> Safety in different environments; risk and safety at home	<b>Media literacy and digital resilience</b> The internet in everyday life; online content and information	<b>Money and work (Spring 2)</b> What money is; needs and wants; looking after money	<b>Physical health and Mental wellbeing</b> Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	<b>Growing and changing</b> Growing older; naming body parts; moving class or year
Year 3	<b>Media literacy and digital resilience</b> How the internet is used; assessing information online	<b>Safe relationships</b> Personal boundaries; safely responding to others; the impact of hurtful behaviour	<b>Respecting ourselves and others</b> Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	<b>Belonging to a community</b> The value of rules and laws; rights, freedoms and responsibilities	<b>Money and Work</b> Different jobs and skills; job stereotypes; setting personal goals	<b>Families and friendships</b> What makes a family; features of family life.	<b>Physical health and Mental wellbeing</b> Health choices and habits; what affects feelings; expressing feelings	<b>Growing and changing</b> Personal strengths and achievements; managing and reframing setbacks	<b>Keeping safe</b> Risks and hazards; safety in the local environment and unfamiliar places

Year 4	<b>Safe relationships</b> Responding to hurtful behaviour; managing confidentiality; recognising risks online	<b>Families and friendships</b> Positive friendships, including online (linked to Computing)	<b>Physical health and Mental wellbeing</b> Maintaining a balanced lifestyle; oral hygiene and dental care (linked to Science)	<b>Belonging to a community</b> What makes a community; shared responsibilities (link to habitats)	<b>Media literacy and digital resilience</b> How data is shared and used	<b>Money and work</b> Making decisions about money; using and keeping money safe	<b>Respecting ourselves and others</b> Respecting differences and similarities; discussing difference sensitively	<b>Growing and changing</b> Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	<b>Keeping safe</b> Medicines and household products; drugs common to everyday life
Year 5	<b>Families and friendships</b> Managing friendships and peer influence	<b>Safe relationships *</b> Physical contact and feeling safe	<b>Respecting ourselves and others *</b> Responding respectfully to a wide range of people; recognising prejudice and discrimination	<b>Belonging to a community</b> Protecting the environment; compassion towards others	<b>Media literacy and digital resilience *</b> How information online is targeted; different media types; their role and impact	<b>Money and work</b> Identifying job interests and aspirations; what influences career choices; workplace stereo types	<b>Physical health and Mental wellbeing</b> Healthy sleeps habits; sun safety; medicines, vaccinations, immunisations and allergies	<b>Growing and changing</b> Personal identity; recognising individuality and different qualities; mental wellbeing	<b>Keeping safe *</b> Keeping safe in different situations, including responding in emergencies, first aid and FGM
Year 6	<b>Physical health and Mental wellbeing</b> What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	<b>Safe relationships</b> Recognising and managing pressure; consent in different situations.	<b>Belonging to a community</b> Valuing diversity; challenging discrimination and stereotypes	<b>Media literacy and digital resilience</b> Evaluating media sources; sharing things online	<b>Respecting ourselves and others</b> Expressing opinions and respecting other points of view, including discussing topical issues	<b>Keeping safe</b> Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media	<b>Growing and changing</b> Human reproduction and birth; increasing independence; managing transition	<b>Money and work</b> Influences and attitudes to money; money and financial risks	<b>Families and friendships</b> Attraction to others; romantic relationships; civil partnership and marriage