

PSHE Whole School Long Term Overview 2021/22

| | Autumn 12 weeks | | | Spring 12 weeks | | | Summer 12 weeks | | |
|-----------|--|---|---|--|--|--|---|--|--|
| | Relationships | Living in the Wider World | Health and Wellbeing | Relationships | Living in the Wider World | Health and Wellbeing | Relationships | Living in the Wider world | Health and wellbeing |
| | Families and friendships | Belonging to a community | Physical health and Wellbeing | Safe Relationships | Media, literacy and digital resilience | Growing and Changing | Respecting ourselves and others | Money and Work | Keeping Safe |
| Y1 | What is the same and different about us? | What rules are; caring for others' needs; looking after the environment | What helps us to stay healthy? | Recognising privacy; staying safe; seeking permission | Using the internet and digital devices; communicating online | How can I manage how I feel? | How behaviour affects others; being polite and respectful | Strengths and interests; jobs in the community | Who can keep us safe? |
| Y2 | Making friends; feeling lonely and getting help | Belonging to a group; roles and responsibilities; being the same and different in the community | Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help | Managing secrets; resisting pressure and getting help; recognising hurtful behaviour | The internet in everyday life; online content and information | Growing older; naming body parts; moving class or years | Recognising things in common and differences; playing and working cooperatively; sharing opinions | What money is; needs and wants; looking after money | Safety in different environments; risk and safety at home; emergencies |
| Y3 | What makes a family; features of family life | The value of rules and laws; rights, freedoms and responsibilities | Health choices and habits; what affects feelings; expressing feelings | Personal boundaries; safely responding to others; the impact of hurtful behaviour | How the internet is used; assessing information online | Personal strengths and achievements; managing and reframing setback | Recognising respectful behaviour; the importance of self-respect; courtesy and being polite | Different jobs and skills; job stereotypes; setting personal goals | Risks and hazards; safety in the local environment and unfamiliar places |
| Y4 | Positive friendships, including online | What makes a community; shared responsibilities | Maintaining a balanced lifestyle; oral hygiene and dental care | Responding to hurtful behaviour; managing confidentiality; recognising risks online | How data is shared and used | Personal identity; recognising individuality and different qualities; mental wellbeing | Respecting differences and similarities; discussing difference sensitively | Making decisions about money; using and keeping money safe | Medicines and household products; drugs common to everyday life |
| Y5 | Managing friendships and peer influence | Protecting the environment; compassion towards others | Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies | Physical contact and feeling safe | How information online is targeted; different media types, their role and impact | Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty | Responding respectfully to a wide range of people; recognising prejudice and discrimination | Identifying job interests and aspirations; what influences career choices; workplace stereotypes | Keeping safe in different situations, including responding in emergencies, first aid and FGM |
| Y6 | Attraction to others; romantic relationships; civil partnership and marriage | Valuing diversity; challenging discrimination and stereotypes | What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online | Recognising and managing pressure; consent in different situation | Evaluating media sources; sharing things online | Human reproduction and birth; increasing independence; managing transition | Expressing opinions and respecting other points of view, including discussing topical issues | Influences and attitudes to money; money and financial risk | Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media |