

# PSHE Whole School Long Term Overview

	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
<b>Y1</b>	What is the same and different about us?	What rules are; caring for other's 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 interest; jobs in the community.	Who can keep us safe?
<b>Y2</b>	Making friends, feeling lonely and getting help.	Belonging to a group; roles and responsibilities; being the same and different I the community.	Why is sleep 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.
<b>Y3</b>	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; safety 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.
<b>Y4</b>	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 differences sensitively.	Making decisions about money; using and keeping money safe.	Medicines and household products; drugs common to everyday life.
<b>Y5</b>	Managing friendships and peer influence.	Protecting the environment; compassion towards others.	Healthy sleep habit & 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.
<b>Y6</b>	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 situations.	Evaluating media sources; sharing things online.	Human reproduction and birth; increasing independence at manging transition.	Expressing opinions and respecting others point of view; including discussing topical issues.	Influences and attitudes to money; money and financial risk.	Keeping personal information safe; regulations and choice; drug use and the law; drug use and media.