



PSHE Long Term Overview

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

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

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