

## PSHE - Long Term Overview 2024-2025

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Autumn Relationships</b>	<p><b><u>Families and relationships</u></b> Making friends Who is in my family</p> <p><b><u>Safe relationships</u></b> Who cares for me Rules and routines</p> <p><b><u>Respecting ourselves and others</u></b> How do we make others feel? Emotions</p>	<p><b><u>Families and relationships</u></b> Roles of different people Families Feeling cared for</p> <p><b><u>Safe relationships</u></b> Recognising privacy Staying safe Seeking permission</p> <p><b><u>Respecting ourselves and others</u></b> How behaviour affects others</p>	<p><b><u>Families and relationships</u></b> Making friends Feeling lonely Getting help</p> <p><b><u>Safe relationships</u></b> Managing secrets; Resisting pressure and getting help; Recognising hurtful behaviour</p> <p><b><u>Respecting ourselves and others</u></b> Recognising things in common and differences; playing and working cooperatively; sharing opinions</p>	<p><b><u>Families and relationships</u></b> What makes a family; features of family life</p> <p><b><u>Safe relationships</u></b> Personal boundaries; safely responding to others; the impact of hurtful behaviour</p> <p><b><u>Respecting ourselves and others</u></b> Recognising respectful behaviour; the importance of self-respect; courtesy</p>	<p><b><u>Families and relationships</u></b> Positive friendships, including online</p> <p><b><u>Safe relationships</u></b> Responding to hurtful behaviour; managing confidentiality; recognising risks online</p> <p><b><u>Respecting ourselves and others</u></b> Respecting differences and similarities; discussing difference</p>	<p><b><u>Families and relationships</u></b> Managing friendships and peer influence</p> <p><b><u>Safe relationships</u></b> Physical contact and feeling safe</p> <p><b><u>Respecting ourselves and others</u></b> Responding respectfully to a wide range of people; recognising prejudice and discrimination</p>	<p><b><u>Families and relationships</u></b> Attraction to others; romantic relationships; civil partnership and marriage</p> <p><b><u>Safe relationships</u></b> Recognising and managing pressure; consent in different situations</p> <p><b><u>Respecting ourselves and others</u></b> Expressing opinions and respecting other points of view, including discussing topical issues</p>



		Being polite and respectful		and being polite	sensitively		
<b>Spring Living in the wider world</b>	<p><b><u>Belonging to a community</u></b></p> <p>Dreams and goals</p> <p><b><u>Media literacy and digital resilience</u></b></p> <p>Screen time Use of technology</p> <p><b><u>Money and work</u></b></p> <p>Aspirations for the future People who help us</p>	<p><b><u>Belonging to a community</u></b></p> <p>What rules are Caring for others' Needs Looking after the environment</p> <p><b><u>Media literacy and digital resilience</u></b></p> <p>Using the internet and digital devices Communicating online</p> <p><b><u>Money and work</u></b></p> <p>Strengths and Interests Jobs in the community</p>	<p><b><u>Belonging to a community</u></b></p> <p>Belonging to a group; roles and responsibilities; being the same and different in the community</p> <p><b><u>Media literacy and digital resilience</u></b></p> <p>The internet in everyday life; online content and information</p> <p><b><u>Money and work</u></b></p> <p>What money is; needs and wants; looking after money</p>	<p><b><u>Belonging to a community</u></b></p> <p>The value of rules and laws; rights, freedoms and responsibilities</p> <p><b><u>Media literacy and digital resilience</u></b></p> <p>How the internet is used; assessing information online</p> <p><b><u>Money and work</u></b></p> <p>Different jobs and skills; job stereotypes; setting personal goals</p>	<p><b><u>Belonging to a community</u></b></p> <p>What makes a community; shared responsibilities</p> <p><b><u>Media literacy and digital resilience</u></b></p> <p>How data is shared and used</p> <p><b><u>Money and work</u></b></p> <p>Making decisions about money; using and keeping money</p>	<p><b><u>Belonging to a community</u></b></p> <p>Protecting the environment; compassion towards others</p> <p><b><u>Media literacy and digital resilience</u></b></p> <p>How information online is targeted; different media types, their role and impact</p> <p><b><u>Money and work</u></b></p> <p>Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p>	<p><b><u>Belonging to a community</u></b></p> <p>Valuing diversity; challenging discrimination and stereotypes</p> <p><b><u>Media literacy and digital resilience</u></b></p> <p>Evaluating media sources; sharing things online</p> <p><b><u>Money and work</u></b></p> <p>Influences and attitudes to money; money and financial risks</p>

<b>Summer Health and well-being</b>	<b><u>Physical Health and Mental</u></b> Healthy eating Self – care	<b><u>Physical Health and Mental</u></b> Keeping healthy Food and exercise, hygiene routines Sun safety	<b><u>Physical Health and Mental</u></b> How rules and age restrictions help us Keeping safe online	<b><u>Physical Health and Mental</u></b> Health choices and habits; what affects feelings; expressing feelings	<b><u>Physical Health and Mental</u></b> Maintaining a balanced lifestyle; oral hygiene and dental care	<b><u>Physical Health and Mental</u></b> Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	<b><u>Physical Health and Mental</u></b> What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online
	<b><u>Growing and Changing</u></b> Transition Managing relationships/ emotions	<b><u>Growing and Changing</u></b> Recognising what makes them unique and special Feelings Managing when things go wrong	<b><u>Growing and Changing</u></b> Growing older; naming body parts; moving class or year	<b><u>Growing and Changing</u></b> Personal strengths and achievements; managing and reframing setbacks	<b><u>Growing and Changing</u></b> Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	<b><u>Growing and Changing</u></b> Personal identity; recognising individuality and different qualities; mental wellbeing	<b><u>Growing and Changing</u></b> Human reproduction and birth; increasing independence; managing transition
	<b><u>Keeping safe</u></b> Road safety Sun safety	<b><u>Keeping safe</u></b>	<b><u>Keeping safe</u></b> Safety in different environments; risk	<b><u>Keeping safe</u></b> Risks and hazards; safety in the local	<b><u>Keeping safe</u></b> Medicines and household products; drugs	<b><u>Keeping safe</u></b> Keeping safe in different situations,	<b><u>Keeping safe</u></b> Keeping personal information safe; regulations and



		How rules and age restrictions help us Keeping safe online	and safety at home; emergencies	environment and unfamiliar places	common to everyday life	including responding in emergencies, first aid and FGM	choices; drug use and the law; drug use and the media
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