

PSHE - Long Term Overview 2024-2025

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



**Spring
Living in the
wider world**

**Belonging to a
community**

What rules are
Caring for others'
Needs
Looking after
the environment

**Media literacy and digital
resilience**

Using the internet
and digital devices
Communicating
online

Money and work

Strengths and
Interests
Jobs in the
community

**Belonging to a
community**

Belonging to a group;
roles and
responsibilities; being
the same and different
in the community

**Media literacy and
digital resilience**

The internet in
everyday life; online
content and
information

Money and work

What money is; needs
and wants; looking after
money

**Belonging to a
community**

The value of rules
and laws; rights,
freedoms and
responsibilities

**Media literacy and
digital resilience**

How the internet is
used; assessing
information online

Money and work

Different jobs and
skills; job
stereotypes; setting
personal goals

**Belonging to a
community**

What makes a
community; shared
responsibilities

**Media literacy and
digital resilience**

How data is shared
and used

Money and work

Making decisions
about money; using
and keeping money

**Belonging to a
community**

Protecting the environ-
ment;
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 stereotypes

**Belonging to a
community**

Valuing diversity;
challenging discrimina-
tion
and stereotypes

**Media literacy and
digital resilience**

Evaluating media
sources; sharing
things online

Money and work

Influences and
attitudes to money;
money and financial
risks

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