



## PSHE Whole School Yearly Overview

	Autumn Term Core theme: Health and Wellbeing			Spring Term Core theme: Relationships			Summer Term Core theme: Living in the Wider World		
	Healthy Lifestyles	Ourselves, Growing and Changing	Keeping Safe	Respecting ourselves and Others	Families and Friendships	Safe Relationships	Belonging to a community	Media literacy and Digital resilience	Money and Work
EYFS	Healthy me	Emotions and Me	Stranger danger	Celebrating difference	All about me	Relationships with different people	Community and me	Keeping safe	Aspirations for when I grow up
Year 1	Balanced lifestyle; healthy eating and physical activity. Making choices to improve health. Hygiene routines.	Being unique and celebrating strengths. 'Good' and 'not so good' feelings and strategies to manage feelings.	Risk and safety at home (electrical appliances) and fire safety. How age restrictions help us. Keeping safe online.	Recognise how others show feelings and how to respond. Being kind.	Identify their special people and what makes them special; feeling cared for.	Recognising privacy; staying safe; seeking permission.	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community
Year 2	Healthy eating and dental health. Why sleep is important. Making informed choices to improve health,	Growing older how needs change; new opportunities and responsibilities. Types of loss, change and bereavement;	Safety in different environments. Keeping safe at home; medicines and household products. Taking responsibility.	How behaviour affects other people. Identify and respect similarities and differences between people.	How families are the same (common features of family life) and how they are different. Playing and working cooperatively; strategies to	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour.	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money



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	recognising consequences Medicines and keeping healthy	managing related feelings. Name male and female external genitalia. Recap privacy.	for keeping safe.		resolve simple disagreements between friends positively.				
<b>Year 3</b>	Health choices about food. Oral hygiene and dental care. Good and not so good feelings; expressing feelings.	Personal strengths and achievements and related feelings. Friendships: why it is important; what makes a good friend; ways to manage disagreements with friends.	Risks and hazards; safety in the local environment and unfamiliar places – road, rail, water, fire. What is meant by first aid, basic first aid procedures for common injuries and getting help.	Recognising respectful behaviour; recognise and care about people's feelings; respect others' points of view.	Awareness of different types of relationship, including those between acquaintances, friends, relatives and families, romantic relationships and online relationships.	Consent – giving and seeking permission; Different types of physical contact. Secrets and surprises.	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	The value of rules and laws; rights, freedoms and responsibilities
<b>Year 4</b>	Maintaining a balanced lifestyle. Healthy sleep habits. Feelings and strategies to manage feelings.	What puberty is: when and why it happens; physical changes; emotional changes.	Risks of drugs common to everyday life - medicines and household products. Difference between 'risk' 'danger' and 'hazard'.	Recognising the importance of self-respect.	Different types of family structure; features of positive family life.	Personal boundaries, including online; right to privacy. Recognise bullying; strategies to respond to hurtful behaviour	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe



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<b>Year 5</b>	<p>Sun; the benefits and risks. Bacteria and viruses can affect health; hygiene routines.</p>	<p>Biological changes that happen during puberty: Menstrual cycle; menstrual wellbeing; erections and wet dreams. Personal hygiene routines. Managing physical changes and the use of products. Emotional changes.</p>	<p>Identifying situations that may require the emergency services; know how to contact them, what to say. FGM is against British law and how to get help. Safety online: protecting personal information. Risks and effects of illegal and legal drugs.</p>	<p>Responding respectfully to a wide range of people; recognising protected characteristics</p>	<p>Friendships: strategies to resolve disputes positively. Civil partnership and marriage</p>	<p>Different types of physical contact; what is acceptable or not. Keeping something confidential or secret.</p>	<p>Protecting the environment; compassion towards others</p>	<p>How information online is targeted; different media types, their role and impact</p>	<p>Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p>
<b>Year 6</b>	<p>What affects mental health and ways to take care of it. Managing change, loss and bereavement.</p>	<p>Awareness of different types of relationships, managing changes in relationships. Human reproduction and birth. Managing change and transitions.</p>	<p>Managing requests for personal images of themselves or others online: what is appropriate to share, who to and how to report concerns. Techniques for</p>	<p>Expressing opinions and respecting other points of view, including discussing topical issues. Discrimination; what it means, how to challenge it.</p>	<p>Managing friendships and peer influence. Attraction to others; gender identity; sexual orientation. Bullying; how to report concerns and get support.</p>	<p>Consent in different situations. Recognising pressure to do something unsafe/uncomfortable and strategies to manage this.</p>	<p>Valuing diversity; challenging discrimination and stereotype</p>	<p>Evaluating media sources; sharing things online</p>	<p>Influences and attitudes to money; money and financial risks drug use and the law; drug use and the media</p>



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			resisting pressure. Messages in the media about drugs, including alcohol and smoking/vaping.						
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