

PSHE Overview

	Autumn term		Spring term		Summer term	
EYFS	Personal Social and Emotional Development					
		Self-Regulation	Building Relationships – Special Relationships	Building Relationships – My Family and Friends	Managing Self – Taking on Challenges	Managing Self- My Wellbeing
		Identifying Feelings Coping Strategies Emotional Adjectives Facial Expressions	. Special People Sharing I am Unique. Similarities and Differences	Festivals Sharing What makes a good friend? Being a good friend	Why do we have rules? Building Towers Team Races	What is exercise? Being a safe pedestrian Eating healthily
Year 1/2 A	Family and Relationships	Health and Wellbeing	Safety and the changing body		Citizenship	Economic wellbeing
	Set ground rules (Y1) Friendships (Y1) Families are different (Y2) Healthy friendships (Y1) Gender stereotypes (Y1)	Understand emotions (Y1) Ready for bed (Y1) Handwashing & hygiene (Y1) Sun safety (Y1) Allergies (Y1)	Adults in school (Y1) Adults outside school (Y1) Make an emergency phone call (Y1) Appropriate contact (Y1) Safety with substances (Y1)		Rules (Y1) Similar, yet different (Y1) Local Community (Y2)	What is money? (Y1) Exploring Wants (Y2) Exploring Needs (Y2)
Year 1/2 B	Family and relationships	Health and wellbeing	Safety and the changing body		Citizenship	Economic wellbeing
	Set ground rules (Y2) Unhappy Friendships (Y2) Manners and Courtesy (Y2) Change and loss (Y2) Friendship Problems (Y1) Gender stereotypes in jobs (Y2)	Understanding my emotions (Y2) Develop a growth mindset (Y2) Healthy diet (Y2) Looking after our teeth (Y2)	Communicate online (Y2) Secrets and surprises (Y2) Appropriate contact: My private parts are private (Y1) Staying safe with medicine (Y2)		Rules beyond school (Y2) Giving my opinion (Y2)	Saving and spending (Y1)
Year 3/4 A	Family and relationships	Health and wellbeing	Safety and the changing body		Citizenship	Economic wellbeing
	Set ground rules (Y3) Healthy families (Y3) Friendship conflicts (Y3) Conflict vs bullying (Y3) Learning who to trust (Y3) Respecting differences (Y3) Stereotyping gender (Y3)	My healthy diary (Y3) Diet and dental health (Y3) Celebrating Mistakes (Y4) My Happiness (Y4)	First Aid: emergencies and calling for help (Y3) Cyberbullying (Y3) Keeping safe out and about (Y3) Privacy and Security (Y4) Share aware (Y4)		Rights of the child (Y3) Human Rights (Y4) Local democracy (Y3)	Budgeting (Y3) Value for money (Y3)
	Family and relationships	Health and wellbeing	Safety and the changing body		Citizenship	Economic wellbeing

Year 3/4 B	Set ground rules (Y4) Respect and manners (Y4) Healthy friendships (Y4) Bullying (Y4) Stereotypes: Disability (Y4) Change and loss (Y4)	Resilience: Breaking down problems (Y3) Look after our teeth (Y4) Emotions (Y4) Mental health (Y4)	Internet safety: Age restrictions (Y4) Risks of sharing information online (Y4) Introduce puberty (Y4) Tobacco (Y4) Influences (Y3)	What are Human Rights (Y4) Diverse communities (Y4) Charity (Y3)	Looking after money (Y4) Career quest (Y3)	
Year 5/6 A	Safety and the changing body		Citizenship	Health and wellbeing	Family and relationships	Economic wellbeing
	Set ground rules (Y5) Online friendships (Y5) Staying safe online (Y5) Puberty (Y5) Menstruation (Y5) First Aid: Basic Life Support (Y6) Alcohol (Y6) Alcohol, drugs and tobacco: Making decisions (Y5)	Breaking the law (Y5) Parliament (Y5) Prejudice and discrimination (Y6)	Importance of rest (Y5) Responsibility for feelings (Y5) Healthy meals (Y5) Sun safety (Y5)	Marriage (Y5) Respect myself (Y5) Bullying (Y5) Stereotype: race & religion (Y5)	Risks handling money online (Y5)	
Year 5/6 B	Safety and the changing body		Family and relationships	Health and wellbeing	Citizenship	Economic wellbeing
	Set ground rules (Y6) Alcohol (Y6) Social media (Y6) Physical and emotional changes of puberty (Y6) First Aid: Bleeding (Y5)	Respect (Y6) Friendship Skills (Y5) Family Life (Y5) Respectful relationships (Y6) Challenge stereotypes (Y6) Resolve conflict (Y6) Change and loss (Y6)	Responsibility for health (Y6) Technology affects health (Y6) Resilience toolkit (Y6) Immunisation (Y6) Physical health concerns (Y6)	Human rights (Y6) National democracy (Y6)	Career Routes (Y6)	
						Identity
					Identity & body image (Y6)	

Family & Relationships

Learning how to: form respectful relationships with others, deal with conflict and bullying, and the importance of challenging stereotypes.

Health & Wellbeing

Learning strategies for looking after their mental and physical health, including: healthy eating, relaxation techniques, sun safety, immunisation facts and the benefits of sleep.

Safety & the Changing Body

Learning how to administer first aid in a variety of situations, safety around medicines, online safety, road safety and the changes that occur during puberty.

Citizenship

Learning about: human rights and the rights of the child, democracy, diversity and community and protecting the environment.

Economic Wellbeing

Learning how to make decisions when it comes to spending, budgeting and saving money and exploring different career choices.

Identity

Considering what makes us who we are whilst learning about gender and sexual identity and body image.