



Hallwood Park School and Nursery: PSHE Long Term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Me and My Relationships Developing awareness of self, recognising feelings and identifying trusted adults who help and care for us	Valuing Difference Recognising similarities and differences between people, families and homes, and beginning to show kindness and respect	Keeping Myself Safe Understanding basic safety rules for the body, environment and online spaces, and identifying people who keep us safe	Rights and Responsibilities Beginning to understand caring for others, the environment and simple concepts of responsibility, including money	Being My Best Developing early independence through healthy habits, physical activity and resilience when facing challenges	Growing and Changing Recognising growth and change in humans, animals and plants, and understanding basic body differences
KSI Cycle 1	Me and My Relationships Understanding classroom rules, recognising emotions and developing positive friendships and listening skills	Valuing Difference Exploring fairness, understanding unkind behaviour and beginning to challenge teasing and bullying	Keeping Myself Safe Developing understanding of personal safety, healthy habits and identifying trusted adults and safe/unsafe situations	Rights and Responsibilities Understanding responsibility for self, belongings and environment, including basic money awareness and hygiene	Being My Best Building healthy routines, perseverance and pride in achievements	Growing and Changing Understanding body parts, growth over time and the importance of privacy and personal boundaries
KSI Cycle 2	Me and My Relationships Deepening understanding of emotions, managing conflict and developing positive friendship behaviours	Valuing Difference Exploring identity, inclusion and the impact of kindness and exclusion on others	Keeping Myself Safe Recognising risk, understanding secrets and boundaries, and developing strategies to stay safe	Rights and Responsibilities Understanding cooperation, caring for the environment and making simple choices about money and behaviour	Being My Best Developing independence in personal care, healthy routines and understanding how the body works	Growing and Changing Recognising changes in themselves and others, and developing respect for differences and personal space
LKS2 Cycle 1	Me and My Relationships Developing	Valuing Difference Understanding diversity within	Keeping Myself Safe Distinguishing between risk and danger,	Rights and Responsibilities Understanding	Being My Best Developing resilience, recognising strengths	Growing and Changing Understanding

	teamwork, resolving conflicts and understanding the qualities of positive relationships	communities and developing respect for others' perspectives	understanding the impact of substances and maintaining personal privacy	contribution to communities, environmental responsibility and how money is earned and used	and maintaining a healthy lifestyle	physical and emotional changes, including early body changes and basic first aid
LKS2 Cycle 2	Me and My Relationships Managing more complex emotions, responding to pressure and understanding changing relationships	Valuing Difference Challenging stereotypes and recognising diversity within wider society	Keeping Myself Safe Understanding hazards, safe use of medicines and strategies to keep safe in different situations	Rights and Responsibilities Understanding rights, community impact and the role of money and taxes in society	Being My Best Developing self-awareness, decision-making and contributions to school and community life	Growing and Changing Understanding puberty as a stage of development and recognising emotional changes
UKS2 Cycle 1	Me and My Relationships Developing communication, assertiveness and understanding emotional needs within relationships	Valuing Difference Exploring identity, challenging stereotypes and promoting inclusion and respect	Keeping Myself Safe Understanding peer influence, habits and the risks associated with drugs and harmful behaviours	Rights and Responsibilities Understanding democracy, community roles and financial responsibility	Being My Best Developing independence, responsibility and maintaining physical and mental wellbeing	Growing and Changing Understanding puberty, emotional changes and developing healthy relationships
UKS2 Cycle 2	Me and My Relationships Applying negotiation, conflict resolution and assertiveness in complex social situations	Valuing Difference Critically evaluating equality, challenging discrimination and respecting diversity	Keeping Myself Safe Managing online safety, understanding the law around substances and evaluating risk	Rights and Responsibilities Understanding democracy in action, laws, and economic responsibility in society	Being My Best Making informed life choices, managing risk and sustaining wellbeing	Growing and Changing Understanding relationships and sex education, media influence and managing health and wellbeing