**PSHE and Relationships Overview Document**

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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Reception EYFS | * Sharing hobbies and interests
* Identifying feelings
* The importance of exercise on our body and mind
 | * School rules
* Being safe and respectful
* Healthy foods
* What it means to be responsible
* Working towards a goal
 | * Choices and consequences
* Kindness
* Teeth brushing
 | * Understanding and giving compliments
* Understanding how words can hurt
* Caring for others and animals
 | * Feelings Happy /Sad/Scared/Angry
* Sharing my opinion
* Sleeping
 | * Road safety
* Car Safety
* Perseverance
* Friendships
* Being Y1 ready
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| Year 1 | **Relationships****What is the same and different about us?** | **Relationships****Who is special to us?** | **Health and Wellbeing****What helps us stay healthy?**  | **Living in the wider world****What can we do with money?** | **Health and Wellbeing****Who helps us to keep safe?** | **Living in the wider world****How can we look after each other and the world?** |
| **Focus:** Ourselves and others; similarities and differences; individuality; our bodies | **Focus:** Ourselves and others; people who care for us; groups we belong to; families | **Focus:** Being healthy; hygiene; medicines; people who help us with health | **Focus:** Money; making choices; needs and wants | **Focus:** Keeping safe; people who help us | **Focus:** Ourselves and others; the world around us; caring for others; growing and changing |
| Safeguarding | British Values | Safeguarding | British Values | Safeguarding | British Values | Safeguarding | British Values | Safeguarding | British Values | Safeguarding | British Values |
| Year 2 | **Relationships**What makes a good friend? | **Relationships**What is bullying? | **Living in the wider world****What jobs can people do?** | **Health and Wellbeing****What helps us stay safe?** | **Health and Wellbeing****What can help us grow and stay healthy?** | **Health and Wellbeing****How do we recognise our feelings?** |
| **Focus:** Friendship; feeling lonely; managing arguments | **Focus:** Behaviour; bullying; words and actions; respect for others | **Focus:** People and jobs; money; role of the internet | **Focus:** Keeping safe; recognising risk; rules | **Focus:** Being healthy: eating, drinking, playing and sleeping | **Focus:** Feelings; mood; times of change; loss and bereavement; growing up |
| Safeguarding | British Values | Safeguarding | British Values | Safeguarding | British Values | Safeguarding | British Values | Safeguarding | British Values | Safeguarding | British Values |
| Year 3 | **Relationships****How can we be a good friend?** | **Health and Wellbeing****What keeps us safe?** | **Relationships****What are families like?** | **Living in the wider world****What makes a community?** | **Health and Wellbeing****Why should we eat well and look after our teeth?** | **Health and Wellbeing****Why should we keep active and sleep well?** |
| **Focus:**Friendship; making positive friendships, managing loneliness, dealing witharguments | **Focus:**Keeping safe; at home and school; our bodies; hygiene; medicines and household products | **Focus:**Families; family life; caring for each other | **Focus:**Community; belonging to groups; similarities and differences; respect forothers | **Focus**Being healthy: eating well, dental care | **Focus**Being healthy: keeping active, taking rest |
| Safeguarding | British Values | Safeguarding | British Values | Safeguarding | British Values | Safeguarding | British Values | Safeguarding | British Values | Safeguarding | British Values |
| Year 4 | **Health and Wellbeing****What strengths, skills and interests do we have?** | **Relationships****How do we treat each other with respect?** | **Health and Wellbeing****How can we manage our feelings?** | **Health and Wellbeing****How will we grow and change?** | **Living in the wider world****How can our choices make a difference to others and the environment?** | **Health and Wellbeing****How can we manage risk in different places?** |
| **Focus:**Self-esteem: self-worth; personal qualities; goal setting; managing setbacks | **Focus:**Respect for self and others; courteous behaviour; safety; human rights | **Focus:**Feelings and emotions; expression of feelings; behaviour | **Focus:**Growing and changing | **Focus:**Caring for others; the environment ;people and animals; shared responsibilities, making choices anddecisions | **Focus**Keeping safe; out and about; recognising and managing risk |
| Safeguarding | British Values | Safeguarding | British Values | Safeguarding | British Values | Safeguarding | British Values | Safeguarding | British Values | Safeguarding | British Values |
| Year 5 | **Health and Wellbeing****What makes up our identity?** | **Living in the wider world****What decisions can people make with money?** | **Health and Wellbeing****How can we help in an accident or emergency?** | **Relationships****How can friends communicate safely?** | **Health and Wellbeing****How can common drugs to everyday life affect health?** | **Living in the wider world****What jobs would we like?** |
| **Focus:**Identity; personal attributes and qualities; similarities and differences; individuality;stereotypes | **Focus:**Money; making decisions; spending and saving | **Focus:**Basic first aid, accidents, dealing with emergenciesSafety Central Visit | **Focus:**Friendships; relationships; becoming independent; online safety | **Focus:**Drugs, alcohol and tobacco; healthy habits | **Focus**Careers; aspirations; role models; the future |
| Safeguarding | British Values | Safeguarding | British Values | Safeguarding | British Values | Safeguarding | British Values | Safeguarding | British Values | Safeguarding | British Values |
| Year 6 | **Health and Wellbeing****How can we keep healthy as we grow?** | **Living in the wider world****How can the media influence people?** | **Relationships****What will change as we become more independent?** |
| **Focus:**Looking after ourselves; growing up; becoming independent; taking more responsibility | **Focus:**Media literacy and digital resilience; influences and decision-making; online safety | **Focus:**Different relationships, changing and growing, adulthood, independence, moving to secondary school |
| Safeguarding | British Values | Safeguarding | British Values  | Safeguarding | British Values  |