**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 | |
| 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 with  arguments | | **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 for  others | | **Focus**  Being healthy: eating well, dental care | | **Focus**  Being healthy: keeping active, taking rest | |
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| 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 and  decisions | | **Focus**  Keeping safe; out and about; recognising and managing risk | |
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| 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 emergencies  Safety Central Visit | | **Focus:**  Friendships; relationships; becoming independent; online safety | | **Focus:**  Drugs, alcohol and tobacco; healthy habits | | **Focus**  Careers; aspirations; role models; the future | |
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| 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 | | | |
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