PSHE EDUCATION: LONG-TERM OVERVIEW

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|  | | **Autumn 1 - Relationships**  **Caring & Respectful Friendships:** | | **Autumn 2 - Health**  **Mental wellbeing & Physical Health** | | **Spring 1 – Living in the Wider World, including Health & relationships**  **Internet Safety & Harms, Online Relationships, Media literacy & digital Resilience** | | **Spring 2 - Relationships**  **Families & People Who Care for Me, Being Safe** | | **Summer 1 – Health**  **Health Ed – Healthy Eating, Drugs, Health & Prevention, First Aid, Changing Adolescent Body** | | **Summer 2 – Living in the Wider World**  **Living in the Wider World - Shared Responsibilities, Communities, Economic Wellbeing** | |
| **Rec** | | Caring friendships  **Yoga**  **Tots on Tyres**  Making Choices/ Understanding Self and Others | | Feelings & exercise  **Anti-bullying Week**  Understanding Self and Others | | What is the internet  **Road Safety**  **Yoga**  **Respect for All Week**  **Mental Health Week – Express Yourself**  Making Choices | | Caring families  Understanding Self and Others | | Basic hygiene & safety measures  Speaking and Listening | | Caring for living things  **Transition to Year 1**  Making Choices | |
| **Year 1** | | Being polite & courteous  Influences/ Understanding Self and Others | | Helping others  **Anti-bullying Week**  Assertiveness | | Age restrictions  **Respect for All Week**  **Mental Health Week – Express Yourself**  Negociation | | Safe relationships  Assertiveness | | Keeping healthy  Making Choices | | What is money  **Road Safety**  **Transition to Year 2**  Working With Others | |
| **Year 2** | | Respectful friendships  Compassion and Empathy | | Managing our feelings  **Anti-bullying Week**  **Fire Safety Talk**  Body Language – Verbal and Non Verbal | | Personal information & hurtful behaviour  **Respect for All Week**  **Mental Health Week – Express Yourself**  Negociation | | Families different to our own  Assertiveness/ Influences | | Keeping safe  Making Descisions | | Growing & changing  **Road Safety**  **Transition to Year 3**  Speaking and Listening | |
| **Year 3** | | Positive friendships  Understanding Self and Others | | Dealing with worry  **Anti-bullying Week**  Assertiveness | | How people behave online  **Respect for All Week**  **Mental Health Week – Express Yourself**  Negociation | | Confidential or secret  Assertiveness | | A balanced lifestyle  Making Choices | | Personal goals & managing set backs  **Transition to Year 4**  Working With Others/ Making Decisions | |
| **Year 4** | | Ups and downs in friendships  Compassion and Empathy | | Taking care of mental health  **Anti-bullying Week**  Body Language Verbal and Non-Verbal | | Positive & negatives of being online  **Respect for All Week**  **Mental Health Week – Express Yourself**  Making Choices | | Seeking help with relationships  **Bikeability**  Influences | | Harmful substances  Influences | | Valuing diversity  **Bikeability**  **Transition to Year 5**  Speaking and Listening | |
| **Year 5** | | Peer influence  **Period Coach**  Understanding Self and Others | | Seeking support  **Anti-bullying Week**  Assertiveness | | Keeping safe online  **Respect for All Week**  **Mental Health Week – Express Yourself**  Making decisions | | Respecting differences  **Bikeability**  Compassion and Empathy | | Changing adolescent body – part of the statutory curriculum  **Human reproduction - Sex Ed**  Speaking and Listening | | Careers & aspirations  **Transition to Year 6**  **Job Junction**  Negotiation | |
| **Year 6** | | Online relationships  **Period Coach**  Making Choices | | Strategies for dealing with emotions  **Anti-bullying Week**  **Fire Safety Talk**  Speaking and Listening | | Social media  **Respect for All Week**  **Mental Health Week – Express Yourself**  Assertiveness | | Recognising pressure from others to do something unsafe  **Bikeability**  Influences | | Changing adolescent body – part of the statutory curriculum  **Human reproduction – Sex Ed**  **Basic First Aid**  Body Language Verbal and Non-Verbal | | Moving forward & setting goals  **Bikeability**  **Transition to high school**  Working with Others | |