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 familiesUnderstanding Self and Others | Basic hygiene & safety measuresSpeaking and Listening | Caring for living things**Transition to Year 1**Making Choices |
| **Year 1** | Being polite & courteousInfluences/ Understanding Self and Others | Helping others**Anti-bullying Week**Assertiveness | Age restrictions**Respect for All Week****Mental Health Week – Express Yourself**Negociation | Safe relationshipsAssertiveness | Keeping healthyMaking Choices | What is money**Road Safety****Transition to Year 2**Working With Others |
| **Year 2** | Respectful friendshipsCompassion 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 ownAssertiveness/ Influences | Keeping safeMaking Descisions  | Growing & changing**Road Safety****Transition to Year 3**Speaking and Listening |
| **Year 3** | Positive friendshipsUnderstanding 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 secretAssertiveness | A balanced lifestyleMaking Choices | Personal goals & managing set backs**Transition to Year 4**Working With Others/ Making Decisions |
| **Year 4** | Ups and downs in friendshipsCompassion 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 substancesInfluences | 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 |