

PSHE Education Whole School Yearly Overview

	Autumn: Relationships			Spring: Living in the wider world			Summer: Health and wellbeing		
	Families and friendships	Safe relationships	Respecting oneself and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical and mental wellbeing	Growing and changing	Keeping safe
Y1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission Anti-bullying week	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment Children's Mental Health Week	Using the internet and digital services; communicating online Online safety workshop	Strengths and interests; jobs in the community	Keeping healthy; food and exercise; hygiene routines; sun safety; medicine and viruses	Recognising what makes them unique and special; feelings; managing when things go wrong Aspiration and Achievement week	How rules and age restrictions help us; keeping safe online; responding to emergencies Sports Week
Y2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour Anti-bullying week	Recognising things in common and differences; playing and working cooperatively; sharing opinions; changing beliefs and attitudes about men and women	Belonging to a group; roles and responsibilities; being the same and different in the community Children's Mental Health Week	The internet in everyday life; online content and information Online safety workshop	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help; medicine and viruses	Growing older; naming body parts; moving class or year Aspiration and Achievement week	Safety in different environments; risk and safety at home; responding to emergencies Sports Week
Y3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour Anti-bullying week	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite; challenging assumptions and gender, power and equality	The value of rules and laws; rights, freedoms and responsibilities Children's Mental Health Week	How the internet is used; assessing information online Online safety workshop	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what effects feelings; expressing feelings; medicine, viruses and vaccinations	Personal strengths and achievements; managing and re-framing setbacks Aspiration and Achievement week	Risks and hazards; safety in the local environments and unfamiliar places; responding to emergencies Sports Week

Y4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online; being safe out and about Anti-bullying week	Respecting differences and similarities; discussing difference sensitively; challenging assumptions about gender, power and equality	What makes a community; shared responsibilities Children's Mental Health Week	How data is shared and used Online safety workshop	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty Aspiration and Achievement week	Medicines and household products; drugs common to everyday life; responding to emergencies Sports Week
Y5	Managing friendships and peer influence	Physical contact and feeling safe; being safe out and about Anti-bullying week	Responding respectfully to a wide range of people; recognising prejudice and discrimination; recognising unhealthy relationships and how to get support	Protecting the environment; compassion towards others Growing against violence workshop Mind Up workshop Children's Mental Health Week	How information online is targeted; different media types, their roles and impact Online safety workshop	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing Aspiration and Achievement week	Keeping safe in different situations; including responding to emergencies, first aid and FGM Sports Week
Y6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations; being safe out and about Anti-bullying week	Expressing opinions and respectations other points of view, including discussing topical issues; recognising unhealthy relationships and how to get support	Valuing diversity; challenging discrimination and stereotypes Growing against violence workshop Children's Mental Health Week	Evaluation media sources; sharing things online Online safety workshop	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online; vaccinations, immunisations and allergies TfL safety and citizenship training	Human reproduction and birth; increasing independence; managing transition Aspiration and Achievement week	Keeping personal information safe; regulation and choices; drug use and the law; drug use and the media; responding to emergencies Sports Week Bikeability