



PSHE Long Term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	1. Families and Friendships What makes a family; features of family life 2. Safe Relationships Personal boundaries; safely responding to others; the impact of hurtful behaviour	Respecting Others Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Belonging to a Community The value of rules and laws; rights, freedoms and responsibilities	Money and Work Different jobs and skills; job stereotypes; setting personal goals	Physical Health and Mental Wellbeing Health choices and habits; what affects feelings; expressing feelings	1. Growing and changing Personal strengths and achievements; managing and reframing setbacks 2. Keeping Safe Risks and hazards; safety in the local environment and unfamiliar places
Year 4	Families and Friendships Positive friendships including online.	1. Safe Relationships Responding to hurtful behaviour. Managing confidentiality; recognising risks online. 2. Respecting Ourselves and Others Respecting differences and similarities; discussing difference sensitively.	Belonging to a Community What makes a community; shared responsibilities.	1. Money and Work Making decisions about money; using and keeping money safe. 2. Keeping Safe Medicines and household products; drugs common to everyday life.	Physical Health and Mental Wellbeing Maintaining a balanced lifestyle; oral hygiene and dental care.	Growing and changing Physical and emotional changes in puberty. Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty
Year 5	Families and Friendships Making friendships and peer influence.	1. Safe Relationships Physical contact and feeling safe.	Belonging to a Community Protecting the environment; compassion towards others.	Money and Work Identifying job interests and aspirations; what influences career choices; workplace stereotypes.	Physical Health and Mental Wellbeing Healthy sleep habits; sun safety; medicines, vaccinations,	1. Growing and changing Personal identity; recognising individuality and different qualities; mental wellbeing.

		2. Respecting Others and Ourselves Responding respectfully to a wide range of people; recognising prejudice and discrimination.			immunisations and allergies.	2. Keeping Safe Keeping safe in different situations, responding in emergencies.
Year 6	Families and Friendships Attraction to others; romantic relationships; civil partnership and marriage	1. Safe Relationships Recognising and managing pressure; consent in different situations 2. Respecting Others Expressing opinions and respecting other points of view, including discussing topical issues	Belonging to a Community Valuing diversity; challenging discrimination and stereotypes	Money and Work Influences and attitudes to money; money and financial risks	Physical Health and Mental Wellbeing What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	1. Growing and changing Human reproduction and birth; increasing independence; managing transition 2. Keeping Safe Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media