

PSHE Long Term Overview



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Making friends: playing and learning together How to listen, share, work cooperatively, and when and how to ask for permission. Children learn about friendships, including falling out and how to recognise bullying.	Mental health and wellbeing Children are supported in noticing and naming different types of feelings and thoughts – and learn simple self-regulation strategies to manage them.	Celebrating me, you and our families Children explore similarities and differences, as well as everyone's individuality. Children look at different families, and how family members can show care and love for each other.	Safety at home Children are introduced to hazards and risk in the context of the home. Children explore strategies for staying safe, including in relation to household products and medicines.	Being healthy Children learn about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety.	Showing kindness to ourselves and others Children revisit learning about feelings, and explores the importance of kindness
Year 2	Mental health and wellbeing Children build on their learning in year 1 by exploring a range of feelings and their intensity, and simple strategies to help manage them. The children are introduced to different kinds of change and loss (including bereavement).	Keeping safe online Children explore how online content can impact feelings, and how they can make safe choices about what they watch or share online (including the importance of not sharing personal information).	Me, my body and staying safe Children learn how people change as they grow from young to old. Pupils are introduced to the names of private body parts, including genitalia, and learn how the Talk PANTS rules can help keep them safe.	Money and work Children investigate people's different strengths and interests and what this means for the jobs they might choose. They explore what money is, how jobs can help people earn money, and how to distinguish between needs and wants.	Safety outside the Home Children build on prior learning about risk through the context of road and rail safety. Pupils learn what an 'emergency' is and how to get help from an adult in an emergency, or call 999 themselves if they need to.	Looking back and moving on Children encouraged to think about and embrace change. They will reflect on and celebrate their achievements and explore what they may think are the challenges they may face as they transition to key stage 2.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Me, my friends and belonging Children explore themes of friendship and respect. Pupils learn about healthy friendships and ways to make others feel included.	Mental health and wellbeing Children further develop their bank of self-regulation strategies. Children are supported in applying them in new contexts, such as managing worries.	Building healthy habits Children further develop their knowledge and understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity.	Making choices online Children learn how to protect information online and make choices about online content, including understanding age ratings.	Keeping safe out and about Children learn how to identify risk and keep safe in the sun, as well as around railways and water.	Looking out for each other Children refresh their understanding of the basics of first aid, and refresh mini first aid training from previous year.
Year 4	Mental health and wellbeing Building on the learning in year 3, this unit extends children's understanding of self-regulation strategies and explores factors that can support wellbeing.	Exploring ways to manage risk Children explore what it means to assess and manage risk in different contexts, and the role that peer influence can play in personal safety.	Forming respectful relationships Children learn how to respond appropriately to conflicts and bullying, and to understand the importance of respect for and tolerance of others.	Money matters and news literacy Children learn how attitudes and influences can impact decisions about money. Children are taught to critically engage with news stories and recognise how stories might affect emotions.	Me, my body and growing up Children learn about the physical and emotional changes experienced during puberty. The Talk PANTS rule is revisited to build children's confidence in keeping themselves safe.	Families and growing together Children's understanding of diverse family structures, and how families can change is extended.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Friendships, stereotypes and bullying Children explore respectful relationships and what to do about bullying. Pupils learn how to recognise and challenge stereotypes and prejudiced or extreme views. Enterprise – Children will work with our partners at Milliken to explore career paths and undertake the design challenge.	Mental health and wellbeing Children build on prior learning about mental health, exploring how different self-regulation strategies can help shift habitual thoughts and emotions, and support wellbeing.	Positively engaging with our world Children explore and learn about healthy ways of engaging with news stories and the impact that climate change can have on emotions and wellbeing.	Respecting boundaries Children are taught about personal boundaries, different types of touch, and how to respectfully ask, give or not give permission.	Safe connections online Children are taught to stay safe and manage risks if contacting others online. They will begin to learn about some aspects of cybercrime.	Embedding healthy habits and learning first aid Children are supported to recognise the benefits of healthy habits such as sun safety, regular exercise and goal setting. Mini first aid will be refreshed.
Year 6	Mental health and wellbeing Children build on prior learning about mental health. They are supported to explore strategies that support wellbeing – including in the context of the transition to secondary school. Enterprise – Children will work with our partners at Milliken to explore career paths and undertake the design challenge.	Managing money and online spending Children explore economic wellbeing and online financial harms (incorporating elements of statutory RSHE) – including targeted advertising and other influences on online spending.	Developing our AI literacy The children will learn about different types of AI, including generative AI. They will explore the opportunities, challenges and risks associated with its use.	Drug education: assessing risk and managing influences The children will learn about legal and illegal drugs, and the risks and effects of legal and illegal drug use.	Changes in puberty (and sex education) Children’s understanding of how to manage the changes that occur during puberty, including increased independence and new sleep pattern	Looking to the future The children will further explore career related learning (including different career pathways) which will support and prepare for the transition to secondary school.