

MEREWORTH CP SCHOOL: PRIMARY PSHE EDUCATION: LONG TERM OVERVIEW

	Autumn: Relationships			Spring: Health and Wellbeing			Summer: Living in the Wider World		
	Families and Friendships	Safe Relationships	Respecting ourselves and others	Physical health and Mental Wellbeing	Growing and Changing	Keeping Safe	Belonging to a community	Media literacy and digital resilience	Money and work
Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money
Year 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing & reframing set-backs, growing up	Risks and hazards; safety in the local environment and unfamiliar places	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals
Year 4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing differences sensitively	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia, personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing Revisit Puberty	Keeping safe in different situations, including responding in emergencies, first aid	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes
Year 6 *	Attraction to others; romantic relationships; civil partnerships and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Increasing independence; managing transition Revisit Puberty	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks

Year R Personal, Social and Emotional Coverage

Year R's teaching of PSE is not defined by terms as this is ongoing throughout the year. Although, Year R has been planned by term there will be deviation throughout the year depending on need.

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<ul style="list-style-type: none"> • Forming good relations and including others in play i.e. sharing. • Selecting own resources. • Communicating with peers and listening. • Awareness of boundaries. 	<ul style="list-style-type: none"> • Explains their own knowledge and asks questions. • Take some responsibility. • Confident in different situations. • Awareness of others feelings. • Solving their own problems and working as a group. 	<ul style="list-style-type: none"> • Find compromise with peers. • Confident to speak about their own needs and opinions. • Understand their own actions on others. 	<ul style="list-style-type: none"> • Taking turns. • Expressing preference of activity with reasoning. • Knowing that some behaviour is unacceptable. 	<ul style="list-style-type: none"> • Including others ideas in their activity. • Can say when they need or don't need help. • Adjust their behaviour to different situations and can adapt with a new routine. 	<ul style="list-style-type: none"> • Demonstrate a sensitivity to other children and form positive relationships with other children.

- Year 6 curriculum – Due to the variety of visitors over the school year for year 6 there will be deviation from the termly themes. Across the year all areas will be covered.