



This is the long term overview for the entire Personal, Social and Health Education (PSHE) curriculum for our school. It includes the lessons on Relationships and Sex Education (RSE). **These have been highlighted in green for each year group.** There are only two lessons in Year 6 that are not statutory lessons and parents have the right to withdraw their children from these.

Year 1			
Week	Autumn	Spring	Summer
Introduction	<u>Introduction: Setting ground rules for RSE & PSHE</u>		
1	<u>Family and relationships (7 lessons)</u> Lesson 1: What is family?	Lesson 6: Sun safety	Lesson 2: Caring for others: Animals
2	Lesson 2: What are friendships?	Lesson 7: Allergies	★ Extend the unit by visiting a farm or zoo to learn more about animal care.
3	Lesson 3: Recognising other people's emotions	Lesson 8: People who help keep us healthy	Lesson 3: The needs of others
4	Lesson 4: Working with others	<u>Safety and the changing body (8 lessons)</u> Lesson 1: Adults in school	Lesson 4: Similar, yet different
5	Lesson 5: Friendship problems	Lesson 2: Adults outside school	Lesson 5: Belonging
6	Lesson 6: Healthy friendships	Lesson 3: Getting lost	Lesson 6: Democratic decisions
7	Lesson 7: Gender stereotypes	Lesson 4: Making an emergency phone call	<u>Economic wellbeing (5 lessons)</u> Lesson 1: Introduction to money
8	<u>Health and wellbeing (8 lessons)</u> Lesson 1: Understanding my emotions	Lesson 5: Appropriate contact (hair pulling, cuddling, kissing, biting)	Lesson 2: Looking after money
9	Lesson 2: What am I like?	Lesson 6: Safety with substances	Lesson 3: Banks and building societies
10	Lesson 3: Ready for bed	Lesson 7: Safety at home	Lesson 4: Saving and spending
11	Lesson 4: Relaxation	Lesson 8: People who help keep us safe	Lesson 5: Jobs in school
12	Lesson 5: Hand washing and personal hygiene	<u>Citizenship (6 lessons)</u> Lesson 1: Rules	★ Extend the unit by getting the children involved with some jobs and responsibilities around school.
Transition			<u>Lesson</u> Individual strengths and new skills



Year 2			
Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
1	Family and relationships (7 lessons) Lesson 1: Families offer stability and love	Lesson 6: Healthy diet	Lesson 3: Our local environment
2	Lesson 2: Families are all different	Lesson 7: Looking after our teeth	Lesson 4: Job roles in our local community
3	Lesson 3: Other people's feelings	Safety and the changing body (8 lessons) Lesson 1: Introduction to the internet	Lesson 5: Similar yet different - my local community
4	Lesson 4: Unhappy friendships	Lesson 2: Communicating online	Lesson 6: School council
5	Lesson 5: Introduction to manners and courtesy	Lesson 3: Secrets and surprises	Lesson 7: Giving my opinion
6	Lesson 6: Change and loss	Lesson 4: Appropriate contact: My private parts	★ Extend the unit by putting into practise some of the improvements to the school environment from Lesson 2 (eg plant flowers, litter picking, cleaning)
7	Lesson 7: Gender stereotypes: Careers and jobs	Lesson 5: Appropriate contact: My private parts are private	Economic wellbeing (5 lessons) Lesson 1: Where money comes from
8	Health and wellbeing (7 lessons) Lesson 1: Experiencing different emotions	Lesson 6: Road safety	Lesson 2: Needs and wants
9	Lesson 2: Being active	Lesson 7: Crossing roads safely	Lesson 3: Wants and needs
10	Lesson 3: Relaxation: Breathing exercise	Lesson 8: Staying safe with medicine	Lesson 4: Looking after money
11	Lesson 4: Steps to success	Citizenship (7 lessons) Lesson 1: Rules beyond school	Lesson 5: Jobs
12	Lesson 5: Developing a growth mindset	Lesson 2: Our school environment	★ Extend the unit by asking some members of the community to come in to talk about their jobs.
Transition			Lesson Change



Year 3			
Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
1	Family and relationships (8 lessons) Lesson 1: Healthy families	Lesson 5: Resilience breaking down barriers	Lesson 3: Recycling
2	Lesson 2: Friendship conflict	Lesson 6: Diet and dental health	Lesson 4: Local community groups
3	Lesson 3: Friendship conflict versus bullying	Safety and the changing body (8 lessons) Lesson 1: First Aid: Emergencies and calling for help	Lesson 5: Charity
4	Lesson 4: Effective communication	Lesson 2: First Aid: Bites and stings	Lesson 6: Local democracy
5	Lesson 5: Learning who to trust	Lesson 3: Be kind online	Lesson 7: Rules
6	Lesson 6: Respecting differences in others	Lesson 4: Cyberbullying	★ Extend the unit by setting up a mock election to demonstrate how democracy works.
7	Lesson 7: Stereotyping gender	Lesson 5: Fake emails	Economic wellbeing (6 lessons) Lesson 1: Ways of paying
8	Lesson 8: Stereotyping age	Lesson 6: Drugs, alcohol and tobacco: Making choices	Lesson 2: Budgeting
9	Health and wellbeing (6 lessons) Lesson 1: My healthy diary	Lesson 7: Drugs, alcohol and tobacco: Influences	Lesson 3: How spending affects others
10	Lesson 2: Relaxation	Lesson 8: Keeping safe out and about	Lesson 4: Impact of spending
11	Lesson 3: Wonderful me	Citizenship (7 lessons) Lesson 1: Rights of the child	Lesson 5: Jobs and careers
12	Lesson 4: My superpowers	Lesson 2: Rights and responsibilities	Lesson 6: Gender and careers
Transition			Lesson Coping strategies



Year 4			
Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
1	Family and relationships (8 lessons) Lesson 1: Respect and manners	Lesson 5: My happiness	Citizenship (6 lessons) Lesson 1: What are human rights?
2	Lesson 2: Healthy friendships	Lesson 6: Emotions	Lesson 2: Caring for the environment
3	Lesson 3: How my behaviour affects others	Lesson 7: Mental health	Lesson 3: Community
4	Lesson 4: Bullying	Safety and the changing body (8 lessons) Lesson 1: Internet safety: Age restrictions	Lesson 4: Contributing
5	Lesson 5: Stereotypes: Gender	Lesson 2: Share aware	Lesson 5: Diverse communities
6	Lesson 6: Stereotypes: Disability	Lesson 3: First Aid: Asthma	Lesson 6: Local councillors
7	Lesson 7: Families in the wider world	Lesson 4: Privacy and secrecy	★ Extend the unit by asking a local councillor to come and speak to the class about their role
8	Lesson 8: Change and loss	Lesson 5: Consuming information online	Economic wellbeing (5 lessons) Lesson 1: Spending choices
9	Health and wellbeing (7 lessons) Lesson 1: Looking after our teeth	Lesson 6: Growing up	Lesson 2: Keeping track of money
10	Lesson 2: Relaxation: Visualisation	Lesson 7: Introducing puberty	Lesson 3: Looking after money
11	Lesson 3: Celebrating mistakes	Lesson 8: Tobacco	Lesson 4: Influences on career choice
12	Lesson 4: Meaning and purpose: My role	★ Extend the unit by allowing children time to explore the Thinkuknow website about onlinesafety	Lesson 5: Changing job
Transition			Lesson Setting goals



Year 5			
Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
1	Family and relationships (8 lessons) Lesson 1: Build a friend	Lesson 5: Taking responsibility for my feelings	Lesson 3: Protecting the planet
2	Lesson 2: Friendship skills	Lesson 6: Healthy meals	Lesson 4: Contributing to the community
3	Lesson 3: Marriage	Lesson 7: Sun safety	Lesson 5: Pressure groups
4	Lesson 4: Respecting myself	Safety and the changing body (7 lessons) Lesson 1: Online friendships	Lesson 6: Parliament
5	Lesson 5: Family life	Lesson 2: Staying safe online	★ Extend the unit by spending time looking at the activities in the Parliament booklets
6	Lesson 6: Bullying	Lesson 3: Puberty	Economic wellbeing (5 lessons) Lesson 1: Borrowing
7	Lesson 7: Stereotyping: gender	Lesson 4: Menstruation	Lesson 2: Income and expenditure
8	Lesson 8: Stereotypes: Race and religion	Lesson 5: Emotional changes in puberty	Lesson 3: Risks with money
9	Health and wellbeing (7 lessons) Lesson 1: Relaxation: Yoga	Lesson 6: First Aid: Bleeding	Lesson 4: Prioritising spending
10	Lesson 2: The importance of rest	Lesson 7: Alcohol, drugs and tobacco: Making decisions	Lesson 5: Stereotypes in the workplace
11	Lesson 3: Embracing failure	Citizenship (7 lessons) Lesson 1: Breaking the law	★ Extend the unit by getting some members of the community to speak about their careers, especially those who challenge common stereotypes. Someone from a local bank could also visit to discuss how their children's bank accounts work.
12	Lesson 4: Going for goals	Lesson 2: Rights and responsibilities	
Transition			Lesson Roles and responsibilities



Year 6			
Week	Autumn	Spring	Summer
Introduction	Introduction: Setting rules and signposting		
1	Family and relationships (8 lessons) Lesson 1: Respect	Lesson 7: Good and bad habits	Lesson 3: Caring for others
2	Lesson 2: Respectful relationships	Lesson 8: Physical health concerns	Lesson 4: Prejudice and discrimination
3	Lesson 3: Stereotypes: Attitudes	Safety and the changing body (8 lessons) Lesson 1: Alcohol	Lesson 5: Valuing diversity
4	Lesson 4: Challenging stereotypes	Lesson 2: Critical digital consumers	Lesson 6: National democracy
5	Lesson 5: Resolving conflict	Lesson 3: Social media	Economic wellbeing (5 lessons) Lesson 1: Attitudes to money
6	Lesson 6: Change and loss	Lesson 4: Physical and emotional changes of puberty	Lesson 2: Keeping money safe
7	Health and wellbeing (8 lessons) Lesson 1: What can I be?	Lesson 5: Conception <i>Parents have a right to withdraw their child from this lesson</i>	Lesson 3: Gambling
8	Lesson 2: Relaxation: Mindfulness	Lesson 6: Pregnancy and birth <i>Parents have a right to withdraw their child from this lesson</i>	Lesson 4: What jobs are available?
9	Lesson 3: Taking responsibility for my health	Lesson 7: First Aid: Choking	Lesson 5: Career routes
10	Lesson 4: The impact of technology on health	Lesson 8: First Aid: Basic life support	Identity (3 lessons) Lesson 1: What is identity?
11	Lesson 5: Resilience toolbox	Citizenship (6 lessons) Lesson 1: Human rights	Lesson 2: Gender identity
12	Lesson 6: Immunisation	Lesson 2: Food choices and the environment	Lesson 3: Identity and body image
Transition			Lesson Dealing with change

