



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.

EYFS	Self regulation	Building Relationships		Managing self	
	My feelings L1 Identifying my feelings L3 Coping strategies L4 Emotional adjectives L5 Facial expressions	Special relationships L2 Special people L3 Sharing L4 I am unique L6 Similarities and differences	My family and friends L1 Festivals L2 sharing L3 What makes a good friend L4 Being a good friend	Taking on challenges L1 Why do we have rules? L2 Building towers L5 Team races	My Wellbeing L1 What is exercise? L4 Being a safe pedestrian L5 Eating healthy

Year 1			
Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
1	Family and relationships (7 lessons) 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	Safety and the changing body (8 lessons) 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:What is meant by a sterotype	Lesson4:Making an emergency phone call	<u>Economic well being (5 lessons)</u> Lesson 1:What is money
8	<u>Health and wellbeing (8 lessons)</u> Lesson1:Understanding My emotions	Lesson 5: Understanding what is appropriate contact or unacceptable contact (hair pulling, cuddling, kissing, biting)	Lesson2: Keeping money safe
9	Lesson2:What am I like?	Lesson6: Safety With Substances	Lesson 3:What is a bank
10	Lesson3:Ready for bed	Lesson 7: Safety at home	Lesson 4: Saving and spending
11	Lesson4:Relaxation	Lesson8:People who help keep us safe	Lesson 5:Jobs in School ★ Extend the unit by getting the children involved with some jobs and responsibilities around school.
12	Lesson5:Handwashing and personal hygiene	<u>Citizenship (6 lessons)</u> Lesson 1: Rules	Lesson 6: Jobs out of school
Transition			Transition lesson- Helping to prepare for change



Year 2			
Week	Autumn	Spring	Summer
Introduction	<u>Introduction: Setting ground rules for RSE& PSHE</u>		
1	<u>Family and relationships(7 lessons)</u> Lesson 1: Families offers stability and love	Lesson 6:Healthy diet	Lesson 2:Our school environment
2	Lesson 2: Families are all different	Lesson 7: Looking after our teeth	Lesson 3:Our Local environment
3	Lesson 3:Other people's feelings	<u>Safety and the changing body (8 lessons)</u> Lesson 1: Introduction to the internet	Lesson 4:Job roles in our local community

4	Lesson4:Unhappy friendships	Lesson 2:Communicating online	Lesson 5: Similar yet different-my local community
5	Lesson 5:Introduction to manners and courtesy	Lesson3: Secrets And Surprises	Lesson6: School council
6	Lesson 6: Change and loss	Lesson 4: Appropriate contact: My private parts- understand the concept of privacy	Lesson7:Giving My opinion ★ Extend the unit by putting into practise some of the improvements to the school environment fromLesson 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 well being (5 lessons) Lesson 1: Where does money come from
8	Health and wellbeing (7 lessons) Lesson 1: Experiencing different emotions	Lesson6:Respecting Personal boundaries	Lesson2: Exploring wants and needs
9	Lesson2:Being active	Lesson 7:Road Safety	Lesson3:Exploring wants
10	Lesson3:Relaxation:Breathing Exercise	Lesson8: Crossing roads safely	Lesson4: Bank cards and accounts
11	Lesson 4: Steps to success	Lesson9: Staying safe with medicine	Lesson 5: My skills and talents
12	Lesson 5:Developing a growth mindset	Citizenship (7 lessons) Lesson1:Rules beyond school	Lesson 6: Everyone is welcome ★ 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	<u>Family and relationships</u> (8 lessons) Lesson 1:Healthy families	Lesson 4: Resilience breaking down barriers	Lesson 2:Rights and responsibilities
2	Lesson 2: Friendship conflict	Lesson 5:Diet and dental health	Lesson3:Recycling
3	Lesson 3: Friendship conflict versus bullying	Lesson 6: Communicating my feelings	Lesson4: Local community groups
4	Lesson 4: Effective communication	<u>Safety and the changing body</u> (8 lessons) Lesson 1: FirstAid: Emergencies and calling for help	Lesson 5: Charity
5	Lesson 5: Learning who to trust	Lesson 2: First Aid:Bites and stings	Lesson6: Local democracy
6	Lesson 6:Respecting differences in others	Lesson 3:Be kind online	Lesson 7: Rules ★ Extend the unit by setting up a mock election to demonstrate how Democracy works
7	Lesson7: Stereotyping: To recognise that stereotypes exist	Lesson 4: Cyberbullying	<u>Economic :well being</u> (6 lessons) Lesson1: How can we pay for something: Ways of paying
8	Lesson 8: Stereotyping :To recognise that stereotypes exist based on different factors	Lesson5: Fake emails	Lesson 2: Budgeting
9	<u>Health and well being</u> (6 lessons) Lesson 1:My healthy diary	Lesson 6 :Making choices	Lesson 3:Understanding our feelings about money, How spending affects others
10	Lesson2:Relaxation and stretches	Lesson7: Drugs, alcohol and tobacco: Influences	Lesson 4: Impact of spending
11	Lesson 3:Wonderful me	Lesson8:Keeping safe out and about	Lesson5:Jobs and careers
12	Lesson 4: My superpowers	<u>Citizenship</u> (7 lessons) Lesson 1:Rights of the child	Lesson6:Careers: Can anyone be anything
Transition			<u>Lesson</u> 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- Understanding	Lesson 3: Community
4	Lesson 4: Bullying - Understanding its impact	Safety and the changing body (8 lessons) Lesson 1: Internet safety: Age restrictions	Lesson 4: Contributing
5	Lesson 5: Stereotypes: Exploring stereotypes in fictional characters	Lesson 2: Share aware	Lesson 5: Diverse communities
6	Lesson 6: Stereotypes: Disability	Lesson 3: First Aid: Asthma	Lesson 6: Local councillors ★ Extend the unit by asking a local Councillor to come and speak to the class about their role
7	Lesson 7: Families in the wider world	Lesson 4: Privacy and secrecy- Understand the difference between secrets and privacy	Economic well being (6 lessons) Lesson 1: Value for money: Spending choices
8	Lesson 8: Change and loss	Lesson 5: Consuming information online	Lesson 2: Keeping track of money
9	Health and wellbeing (7 lessons) Lesson 1: Looking after our teeth	Lesson 6: Growing up - To recognise that change is part of growing up	Lesson 3: Looking after money

10	Lesson 2:Relaxation:Visualisation	Lesson7:Introducing puberty	Lesson4:Influences on career choice
11	Lesson3:Celebrating mistakes	Lesson 8: Tobacco	Lesson 5: Changing jobs
12	Lesson 4:Meaning and purpose: My role	★ Extend the unit by allowing children time to explore the Thinkuknow website about Online safety	Lesson6:Workplace equality
Transition			Lesson Setting goals

 Year 5			
Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE& PSHE		
1	Family andrelationships(8 lessons) Lesson1:Build a friend	Lesson5:Taking responsibility for my feelings	Lesson 3: Protecting the planet
2	Lesson 2: Friendship skills	Lesson6:Healthy meals	Lesson 4: Contributing to the community
3	Lesson 3:Marriage	Lesson 7: Sun safety	Lesson5:Pressure groups
4	Lesson4:Respecting myself	Safety and the changing body (7 lessons) Lesson1:Online friendships	Lesson6:Parliament
5	Lesson 5: Family life	Lesson2: Staying safe online	★ Extend the unit by spending time looking at the activities in the Parliament booklets
6	Lesson6:Bullying- How to get help	Lesson 3: Puberty - Understanding physical changes	Economic well being (5 lessons) Lesson1:How can we make our money stretch

			further
7	Lesson 7: Stereotyping: gender_ Recognise how attitudes have changed	Lesson 4: Menstruation- Understanding the menstrual cycle	Lesson2: Budgeting- how to budget for a week
8	Lesson8: Stereotypes:Race and religion	Lesson5: Emotional changes in puberty	Lesson3:Borrowing and loans
9	Health and well being (7 lessons) Lesson 1: Relaxation: Yoga	Lesson 6: First Aid: Bleeding and head injuries	Lesson 4: Risks: Handling money online
10	Lesson 2: The importance of rest	Lesson 7:Alcohol, drugs and tobacco:Making decisions	Lesson 5: Why challenge workplace stereotypes
11	Lesson3:Embracing failure	Citizenship (7 lessons) Lesson1:Breaking the law	Lesson 6:Finding a suitable career.
12	Lesson4:Going for goals	Lesson 2:Rights and responsibilities	★ 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.
Transition			Lesson Roles and responsibilities



Year 6			
Week	Autumn	Spring	Summer
Introduction	Introduction: Setting rules and signposting		

1	<u>Family and relationships</u> (8 lessons) Lesson 1: Respect	Lesson7: Understand how habits can be good or bad for our health	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	<u>Safety and the changing body</u> (8 lessons) Lesson1: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- Understand that online relationships should be treated the same as face to face relationships	<u>Economic well being</u> (6 lessons) Lesson 1:Navigating feelings about money
6	Lesson 6: Change and loss	Lesson 4: Physical and emotional changes of <u>puberty</u>	Lesson2:Keeping money safe
7	<u>Health and well being</u> (8 lessons) Lesson 1: What can I be?	Lesson 5: Conception <u>Parents have a right to withdraw their child from this lesson</u>	Lesson 3: Imagining our financial future
8	Lesson 2: Relaxation:Mindfulness	Lesson 6: Pregnancy and birth <u>Parents have a right to withdraw their child from this lesson</u>	Lesson4:The risks of gambling
9	Lesson3: Taking responsibility for my health	Lesson 7: First Aid: Choking	Lesson 5: Workplace environments
10	Lesson 4: The impact of technology on health	Lesson 8: First Aid: Basic life support	Lesson 6: Career routes
11	Lesson 5:Resilience toolbox	<u>Citizenship</u> (6 lessons) Lesson1:Human rights	<u>Identity</u> (2 lessons) Lesson 1:What is identity?
12	Lesson 6: Immunisation	Lesson 2: Food choices and the environment	Lesson 2: Identity and body image
Transition			<u>Lesson</u> Dealing with change

