

PSHE Education Long Term Overview (2022-23)

	Relationships			Living in the wider world			Health and wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and mental wellbeing	Growing and changing	Keeping safe
Nursery	Play alongside others, making friends and continuing the play with my peers. Talking about my family and how it is made up.	Forming safe relationships with familiar people and understanding trusting relationships	Show affection and respect with others. Managing own behaviour and knowing how it affects others. Notice and respect differences. Listen to others opinions and responses.	People who help us in school. Belonging. Tidy up after myself. Looking after our classroom, playground and our school. Shared responsibility to follow our Nursery rules.	Using the internet and access to technology.	Talk about what job I might like when I'm older, know about jobs of other people. Know that we need money to buy things.	Making healthy food choices, taking care in the sun, looking after our bodies, tooth care. Self-regulation- understanding our emotions and how to regulate them. Demonstrate a sense of self as individual, inhibit my own behaviours most of the time.	Developing independence skills, being independent in self-care, managing accidents.	Explore my environment and resources, and able to 'check in' with safe adults when needed. Tolerate needs not being met immediately. Adapt behaviour to different scenarios.
Reception	People in my family and community Feeling cared for	Forming safe relationships and developing an awareness of safe and unsafe feelings	How behaviour affects others; being polite and respectful	Caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths hobbies and interests; jobs in the community	Keeping healthy; food and exercise; hygiene routines; sun safety. Dental health.	Recognising what makes them unique and special; feelings; knowing what to do if things go wrong	How rules and age restrictions help us; keeping safe online
Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	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	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

Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and difference; playing and working cooperatively; sharing opinions	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	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
Year 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognizing respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights and freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
Year 4	Positive friendships; including online	Physical contact and feeling safe	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; personal hygiene routines	Medicines and household products; drugs common to everyday life
Year 5	Managing friendships and peer influence	Recognising and managing pressure; consent in different situations	Responding respectfully to a wide range of people; recognizing prejudice and discrimination	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	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognizing individuality and different qualities; mental wellbeing; support with puberty	Keeping safe in different situations, including responding in emergencies, first aid
Year 6	Attraction to others; romantic relationships; civil partnership and marriage		Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media