

Holywell Personal, Social, Health and Economic Education Long Term Overview

Year	Autumn			Spring			Summer		
	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	Making friends and playing alongside others; talking about my family and how it is made up; understanding safe and unsafe touch; beginning to say no; 'my body belongs to me' messaging.	Forming safe relationships with familiar people and understanding trusting relationships Challenging stereotypes through stories and play; fairness and inclusion.	Show affection and respect with others; notice and respect differences; listen to others opinions and responses. Simple online safety (e.g. checking with an adult before sharing); naming emotions; asking for help; recognising unsafe secrets.	People who help us in school; belonging; tidying up after myself; looking after our classroom, playground and our school; shared responsibility to follow our rules	Using the internet and access to technology	Talking about what job I might like when I'm older; jobs of other people; we need money to buy things	Making healthy food choices; taking care in the sun; looking after our bodies; tooth care; self-regulation by understanding our emotions and how to regulate them	Developing independence skills; being independent in self-care; managing accidents	Exploring my environment and resources; 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 Recognising safe and unsafe secrets; celebrating family diversity (e.g. foster carers, same-sex parents).	Forming safe relationships and developing an awareness of safe and unsafe feelings Recognising differences in people and families; inclusion in the community.	How behaviour affects others; being polite and respectful Use of anatomical terms; knowing when and how to ask for help; online safety and digital habits with adult support.	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 me 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 Personal boundaries and the right to say no;	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 me unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online

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	understanding that families may look different.								
Year 2	Making friends; feeling lonely and getting help Recognising and reporting hurtful behaviour including online; persistence in seeking 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 Knowing when comments or situations feel uncomfortable; respectful friendships.	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising 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	Healthy 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 Safe online interactions; recognising diverse families and identities.	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 Manipulated online images; recognising grooming tactics; peer pressure and assertiveness.	Recognising and managing pressure; consent in different situations	Responding respectfully to a wide range of people; recognising 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; recognising individuality and different qualities; mental wellbeing; support with puberty	Keeping safe in different situations, including responding in emergencies; first aid

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Year 6	Attraction to others; romantic relationships; civil partnership and marriage Understanding consent and respect; reporting manipulation or coercion; digital safety and grooming.	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
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Underpinned by the [EYFS Statutory Framework](#) (including [Development Matters](#)), [DFE Guidance – PSHE](#), [DfE RSHE Statutory Guidance](#) and the pshe-association.org.uk Programme of Study.

This long-term overview has been updated in line with the Department for Education's RSHE Statutory Guidance (July 2025) and the EYFS Statutory Framework (July 2025). It includes coverage of statutory content for Relationships Education, Health Education, and Online Safety, with specific attention to vocabulary, safeguarding, emotional literacy, diversity, and digital resilience. Where appropriate, adaptations have been made to support age-appropriate delivery and local safeguarding needs.