



PSHE Long Term Overview

PSHE						
RSE (Relationships Education) coverage in PSHE for each year group						
Year 1	Health and Wellbeing		Relationships		Living in the Wider World	
	Aiming High (Summer 1)	It's My Body (Autumn 2)	Team (Autumn 1)	Be Yourself (Summer 2)	Britain (Spring 2)	Money Matters (Spring 1)
	<ul style="list-style-type: none"> • Discuss their star qualities • Identify what a positive learning attitude is • Talk about jobs they can do when they grow up • Discuss what skills and interests are needed for different jobs • Talk about hopes they have for the future • Discuss what they are looking forward to about next year. 	<ul style="list-style-type: none"> • Explain how much sleep they need • Discuss why exercise is good for them • Understand they can choose what happens to their bodies • List healthy snacks • Know to ask a trusted adult if uncertain about whether something is safe to eat or drink • Demonstrate hygienic ways to look after their bodies. 	<ul style="list-style-type: none"> • Belonging • Follow instructions and create a tower by applying good listening • Use key vocabulary and Acts of Kindness Poster to think of ways to show kindness to others • Work in a group to discuss what they could do if they saw others being teased or bullied. • Work as a group to sort thoughts given into helpful and not so-helpful thought categories. • Sort images of behaviours into good and not so good choices. 	<ul style="list-style-type: none"> • Identify their own special traits and qualities • Identify and name common feelings • Select times and situations that make them feel happy • Talk about what makes them feel unhappy or cross • Explain how change and loss make them feel • Understand the importance of sharing their thoughts and feelings. 	<ul style="list-style-type: none"> • Identify groups and communities that they belong to • Explain how to be a good neighbour • Pick out things that harm and things that help a neighbourhood • Describe what it is like to live in Britain • Identify similarities and differences between British people • Talk about what makes them feel proud of being British. 	<ul style="list-style-type: none"> • Discuss things they can buy in the shops • Talk about different sources that money can come from • Identify things they want • Identify things they need • Talk about ways we can keep track of what we spend • Discuss ways they can keep money safe • Talk about ways they keep their belongings safe.

Year 2	Health and Wellbeing		Relationships		Living in the Wider World	
	Think Positive (Autumn 1)	Safety First (Autumn 2)	VIPs (Spring 2)	Growing Up (Summer 2)	One World (Spring 1)	Respecting Rights (Summer 1)
	<ul style="list-style-type: none"> Identify and discuss feelings and emotions, using simple terms Describe things that make them feel happy and unhappy Understand that they have a choice about how to react to things that happen Talk about personal achievements and goals Describe difficult feelings and what might cause these feelings Discuss things for which they are thankful Focus on an activity, remain 	<ul style="list-style-type: none"> Identify some everyday dangers Understand some basic rules that help keep people safe Know what to do if they feel in danger Identify some dangers in the home Identify some dangers outside Identify which information they should never share on the Internet Know that their private body parts are private Recall the number to call in an emergency List some people who can help them stay safe. 	<ul style="list-style-type: none"> Explain who the special people in their lives are Talk about the importance of families Describe what makes someone a good friend Know how to resolve an argument in a positive way Know the skills involved in successful cooperation Identify a way to show others they care. 	<ul style="list-style-type: none"> Use the scientific names introduced to name male and female body parts Identify some differences between males and females Identify the body parts that we keep private Understand the words 'no' and 'stop' Understand that people's bodies and feelings can be hurt Identify an adult they can talk to if they are concerned about inappropriate touch Talk about their own likes and dislikes Understand that different people like different things Understand that girls and boys can like different things, or the same things Describe how they have changed since they were a baby Understand that peoples' needs change as they grow older Talk about things they would like to do when they are older Discuss some changes that people might go through in life. 	<ul style="list-style-type: none"> Talk about special people in their life and say why they are special Talk about different homes around the world and identify how they are the same as and different from their own Describe what their school is like Explain what an environment is Explain what natural resources are and identify how people use them Say what they love about the world in which they live and describe how they would feel if these things disappeared. 	<ul style="list-style-type: none"> Know that all people have rights Understand that there are people who protect their rights Know what to do if they don't feel safe Talk about what respect means and how to show it Identify ways in which people can be different Explain what being fair means Recognise that making a positive difference in school is important.

Year 3	Health and Wellbeing		Relationships		Living in the Wider World	
	Aiming High (Spring 1)	It's My Body (Summer 1)	Team (Summer 2)	Be Yourself (Autumn 1)	Britain (Spring 2)	Money Matters (Autumn 2)
	<ul style="list-style-type: none"> • Discuss their personal achievements and skills • Identify what a positive learning attitude is • Talk about the range of jobs that people do • Discuss what skills and interests are needed for different jobs • Talk about jobs they might like to do in the future • Discuss what skills they might need to do certain jobs. 	<ul style="list-style-type: none"> • Explain what happens if they don't sleep enough • Discuss what happens to muscles when we exercise them • Understand they can choose what happens to their body and know when a 'secret' should be shared • Explain that too much sugar is bad for health • Know the difference between medicine and harmful drugs and chemicals • Explain how germs travel and spread disease. 	<ul style="list-style-type: none"> • Use pictures to express their thoughts, feelings and worries • Plan and create a role play about a team scenario • With support, read clues and work as a team to solve a crime • With support, identify a feeling and how it is being expressed • Show the resolution to a dispute through pictures and with the key words given • Use a word mat to create a list of 'Pass It On' ideas. 	<ul style="list-style-type: none"> • List some of their achievements and say why they are proud of them • Identify facial expressions associated with different feelings • Describe some strategies that they could use to help them cope with uncomfortable feelings • Suggest assertive solutions to scenarios • Explain that the messages they receive from the media about how they should look, think and behave are not always realistic • Suggest ways to make things right after a mistake has been made • Explain that mistakes help them to learn and grow. 	<ul style="list-style-type: none"> • Describe what it is like to live in Britain • Talk about what democracy is • Talk about what rules and laws are • Talk about what liberty means • Describe a diverse society • Describe what being British means to them. 	<ul style="list-style-type: none"> • Discuss where money comes from • Talk about reasons people go to work • Discuss payment resources we can use to spend money • Consider why and how people might get into debt • Identify things they want and need • Explain ways we can keep track of what we spend.

Year 4	Health and Wellbeing		Relationships		Living in the Wider World	
	Think Positive (Spring 2)	Safety First (Autumn 1)	VIPs (Spring 1)	Growing Up (Summer 2)	One World (Summer 1)	Respecting Rights (Autumn 2)
	<ul style="list-style-type: none"> Understand that it is important to look after our mental health Recognise and describe a range of positive and negative emotions Discuss changes people may experience in their lives and how they might make them feel Talk about things that make them happy and help them to stay calm Identify uncomfortable emotions and what can cause them Discuss the characteristics of a good learner. 	<ul style="list-style-type: none"> Discuss things they can do independently that they used to need help with Describe what a dare is and identify situations involving peer pressure Know when to seek help in risky or dangerous situations Identify and discuss some school rules for staying safe and healthy List some of the dangers we face when we use the road Describe drugs, cigarettes and alcohol in basic terms Identify which information they should never share online Identify who they should tell if they see something online that worries, upsets or confuses them Explain what it means to be kind and respectful online. 	<ul style="list-style-type: none"> With support, discuss how the impact of our attitudes affects us when trying to make new friendships With support, plan out how they will be an anonymous friend over the week Use a support sheet to discuss the dares within a story Use a support sheet to create a role play about positive resolution techniques Create a poster with ideas to help someone who is being bullied, with a support sheet of ideas. 	<ul style="list-style-type: none"> Name the main male and female body parts needed for reproduction Describe some of the changes boys go through during puberty Describe some of the changes girls go through during puberty Describe some feelings young people might experience as they grow up Talk about their own family and the relationships within it Understand that there are many different types of families Identify similarities and differences in different loving relationships Explain in simple terms how babies are made and how they are born. 	<ul style="list-style-type: none"> Describe similarities and differences between people's lives Identify opinions that are different from their own Express their own opinions Recognise that their actions impact on people in different countries Know what climate change is Know there are organisations working to help people in challenging situations in other communities. 	<ul style="list-style-type: none"> Know what human rights are Understand that all people share the same rights Know about The Universal Declaration of Human Rights and the Declaration of the Rights of the Child Know why we have rules and how they help us Understand that no one should take away our human rights Explain what respect means and understand how they can respect the rights of others Describe what a stereotype is and understand how stereotypes can be harmful.