

Term	Week	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Week 1	<a href="#">Self-regulation: Identifying my feelings</a> Identifying my feelings	<a href="#">Y1 Introduction: Setting ground rules for RSE &amp; PSHE</a> What is family?	<a href="#">Y2 Introduction: Setting ground rules for RSE &amp; PSHE lessons</a> <a href="#">Family and relationships</a> Families offer stability and love	<a href="#">Y3 Introduction: Setting ground rules for RSE &amp; PSHE lessons</a> Healthy families	<a href="#">Y4 Introduction: Setting ground rules for RSE &amp; PSHE lessons</a> <a href="#">Family and relationships</a> Respect and manners	<a href="#">Y5 Introduction: Setting ground rules for RSE &amp; PSHE lessons</a> Build a friend	<a href="#">Y6 Introduction: Setting ground rules for RSE &amp; PSHE lessons</a>
	Week 2	Feelings jars	What are friendships?	Families are all different	Friendship conflicts	Healthy friendships	Friendship skills	Respect
	Week 3	Coping strategies	Recognising other people's emotions	Other people's feelings	Friendship conflicts versus bullying	How my behaviour affects others	Marriage	Respectful relationships
	Week 4	Describing feelings	Working with others	Unhappy friendships	Effective communication	Bullying	Respecting myself	Stereotypes: attitudes
	Week 5	Facial expressions	Friendship problems	Introduction to manners and courtesy	Learning who to trust	Stereotypes: Gender	Family life	Challenging stereotypes
	Week 6	Creating a calm corner	Healthy friendships	Change and loss	Respecting differences in others	Stereotypes: Disability	Bullying	Resolving conflict
	Week 7		Gender stereotypes	Gender stereotypes: careers and jobs	Stereotyping gender	Families in the wider world	Stereotyping gender	Change and loss
Autumn 2	Week 1	<a href="#">Building relationships: Special relationships</a> My family	<a href="#">Health and wellbeing</a> Understanding my emotions	<a href="#">Health and wellbeing</a> Experiencing different emotions	Stereotyping age	Change and loss	Stereotypes: race and religion	<a href="#">Health and wellbeing</a> What can I be?
	Week 2	Special people	What am I like?	Being active	<a href="#">Health and wellbeing</a> My healthy diary	<a href="#">Health and wellbeing</a> Looking after our teeth	<a href="#">Health and wellbeing</a> Relaxation: yoga	Relaxation: Mindfulness
	Week 3	Sharing	Ready for bed	Relaxation: Breathing exercise	Relaxation	Relaxation: Visualisation	The importance of rest	Taking responsibility for my health
	Week 4	I am unique	Relaxation	Steps to success	Wonderful me	Celebrating mistakes	Embracing failure	The impact of technology on health
	Week 5	My interests	Handwashing and personal hygiene	Developing a growth mindset	My superpowers	Meaning and purpose: my role	Going for goals	Resilience toolbox
	Week 6	Similarities and differences	Sun safety	Healthy diet.	Resilience breaking down barriers	My happiness	Taking responsibility for my feelings	Immunisation
	Week 7		Allergies	Looking after our teeth	Communicating my feelings	Emotions	Healthy meals	Good and bad habits

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Spring 1	Week 1	<a href="#">Managing self: Taking on challenges</a> Why do we have rules?	People who keep us healthy	<a href="#">Safety and the changing body</a> Introduction to the internet	Diet and mental health	Mental health	Sun safety	Physical health concerns
	Week 2	Building towers	<a href="#">Safety and the changing body</a> Adults in school	Communicating online	<a href="#">Safety and the changing body</a> First aid emergencies and calling for help	<a href="#">Safety and the changing body</a> Internet safety: age restrictions	<a href="#">Safety and the changing body</a> Online friendships	<a href="#">Safety and the changing body</a> Alcohol
	Week 3	Team den building	Adults outside school	Secrets and surprises	First aid: bites and stings	Share aware	Staying safe online	Critical digital consumers
	Week 4	Grounding	Getting lost	Appropriate contact: my private parts	Be kind online	First aid/asthma	Puberty	Social media
	Week 5	Team races	Making an emergency phone call	Appropriate contact: my private parts are private	Cyberbullying	Privacy and secrecy	Menstruation	Physical and emotional changes of puberty
	Week 6	Circus skills	Appropriate contact	My personal boundaries	Fake emails	Consuming information online	Emotional changes in puberty	Conception (parents have right to withdraw their child from this lesson)
Spring 2	Week 1	<a href="#">Self-regulation: Listening and following instructions</a> Simon says	Safety with substances	Road safety	Making choices	Growing up	First aid: bleeding and head injuries	Pregnancy and birth (parents have right to withdraw their child from this lesson)
	Week 2	Listening to a story	Safety at home	Crossing roads safely	Influences	Introducing puberty	Alcohol, drugs and tobacco: making decisions	First aid: choking
	Week 3	Pass the whisper	People who help keep us safe	Staying safe with medicine	Keeping safe out and about	Tobacco	<a href="#">Citizenship</a> Breaking the law	First aid: basic life support
	Week 4	Obstacle race	<a href="#">Citizenship</a> Rules	<a href="#">Citizenship</a> Rules beyond school	<a href="#">Citizenship</a> Rights of the child	Explore the unit and give the children time to explore online	Rights and responsibilities	<a href="#">Citizenship</a> Human rights
	Week 5	Blindfold walk	Caring for others	Our school environment	Rights and responsibilities	<a href="#">Citizenship</a> What are human rights?	Protecting the planet	Food choices and the environment
	Week 6	Treasure hunt	Optional: Extend the unit by visiting a farm or a different animal centre to learn more about animal care	Our local environment	Recycling	Caring for the environment	Contributing to the community	Caring for others

PSHE CURRICULUM LONG TERM PLANNING OVERVIEW DOCUMENT

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Summer 1	Week 1	<a href="#">Building relationships: My family and friends</a> Festivals	The needs of others	Job roles in our local community	Local community groups	Community	Pressure groups	Prejudice and discrimination
	Week 2	Sharing	Similar yet different	Similar yet different – my local community	Charity	Contributing	Parliament	Valuing diversity
	Week 3	What makes a good friend?	Belonging	School council	Local democracy	Diverse communities	Extend the unit by looking at the activities in the parliament booklet.	National democracy
	Week 4	Being a good friend	Democratic decisions	Giving my opinion	Rules	Local councillors	<a href="#">Economic wellbeing</a> How can we make our money stretch further?	<a href="#">Economic wellbeing</a> Navigating feelings about money
	Week 5	Teamwork	<a href="#">Economic wellbeing</a> What is money?	Extend the unit by putting in some school improvements eg, planting flowers, litter picking, cleaning	Extend unit or set up a mock election to demonstrate how democracy works	<a href="#">Economic wellbeing</a> Navigating feelings about money	How should I budget for the week?	Keeping money safe
	Week 6	Celebrating friendships	Keeping money safe		<a href="#">Economic wellbeing</a> How can we pay for something?	Keeping money safe	Borrowing and loaning	Imagining our financial future
Summer 2	Week 1	<a href="#">Managing self: my wellbeing</a> What is exercise?	What is a bank?	<a href="#">Economic wellbeing</a> Where does money come from?	Budgeting	Imagining our financial future	Risks: handling money online	The risks of gambling
	Week 2	Yoga and relaxation	Saving and spending	Exploring wants	Understanding our feelings about money	The risks of gambling	Why challenge workplace stereotypes?	Workplace environments
	Week 3	Looking after ourselves	Jobs in school	Exploring needs	Impact of spending	Workplace environments	Finding a suitable career	Career routes
	Week 4	Being a safe pedestrian	Jobs out of school	Bank cards and accounts	Career quest	Career routes		<a href="#">Identity:</a> What is identity?
	Week 5	Eating healthily	Transition lesson – individual strengths and new skills.	My skills and talents	Can anyone be anything?			Identity and body image
	Week 6	A rainbow of food		Everyone is welcome				
	Week 7			<a href="#">Transition</a> Change	<a href="#">Transition</a> Coping strategies	<a href="#">Transition</a> Setting goals	<a href="#">Transition</a> Roles and responsibilities	<a href="#">Transition</a> Dealing with change