

## PRIMARY PSHE EDUCATION: LONG-TERM OVERVIEW

	Autumn: Relationships			Spring: Living in the wider world			Summer: 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	My Money Week Y1 - Y6 ^	Keeping safe	
<b>E Y F S</b>	<p>Introduce children to each other and teachers, Teach hygiene skills such as hand washing before lunch and after going to the toilet, Learn about themselves as an individual.</p> <p>See themselves as a valuable individual by talking about our unique qualities.</p> <p><b>Journey In Love:♥</b>                      Physical- To understand that we are unique. To know that God made me and loves me as I am.                      Social- To understand that we should be treated equally. To know that God made me and loves me as I am.</p>			<p>Resilience and perseverance in the face of challenge- Helping the environment by walking to school.</p> <p>Know and talk about the different factors that support their overall health and wellbeing: - healthy eating- growing and reducing food miles.</p> <p><b>Journey In Love:♥</b>                      Emotional- To understand our feeling and emotions. To know that God made me and loves me as I am.                      Intellectual- To understand what a good friend is. To know that God made me and loves me as I am.</p>			<p>Talk about oral health and how to keep our mouths and teeth healthy.</p> <p>Think about the perspectives of others- Space exploration.</p> <p><b>Journey In Love:♥</b>                      Spiritual- To know that God made me and loves me as I am.</p>				
	<p>To form strong, warm and supportive relationships with adults which enable children to learn how to understand their own feelings and those of others. The children are supported throughout the year to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, the children will learn how to look after their bodies, including healthy eating, and manage personal</p>										

	needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life.								
1	<p>Roles of different people; families; feeling cared for+ #</p> <p>Journey In Love:♥</p> <p>Physical- To understand that I am growing up in a family.</p> <p>Social- To understand that I am growing up in a family.</p>	<p>Recognising privacy; staying safe; seeking permission +</p>	<p>How behaviour affects others; being polite and respectful +</p>	<p>What rules are; caring for others' needs; looking after the environment</p> <p>Journey In Love:♥</p> <p>Emotional- What are the happy moments in your family.</p> <p>Intellectual- Why do we need to grow up in families</p>	<p>Using the internet and digital devices; communicating online</p>	<p>Strengths and interests; jobs in the community^</p>	<p>Keeping healthy; food and exercise, hygiene routines*; sun safety</p>	<p>Recognising what makes them unique and special; feelings; managing when things go wrong +</p> <p>Journey In Love:♥</p> <p>Spiritual- We are members of God's family.</p>	<p>How rules and age restrictions help us; keeping safe online</p>
2	<p>Making friends; feeling lonely and getting help</p>	<p>Managing secrets; resisting pressure and getting help;</p>	<p>Recognising things in common and differences#; playing and working coop-</p>	<p>Belonging to a group; roles and responsibilities ; being the same</p>	<p>The internet in everyday life; online</p>	<p>What money is; needs and wants; looking after money^</p>	<p>Why sleep is important; medicines and keeping healthy;</p>	<p>Growing older; naming body parts+; moving class or year</p>	<p>Safety in different environments; risk and safety at home; emergencies</p>

		recognising hurtful behaviour+	eratively; sharing opinions+	and different in the community#	content and information		keeping teeth healthy*; managing feelings and asking for help  Journey In Love:♥  Emotional- Sometimes we are happy together in a community.  Intellectual- Can people feel alone even if they belong to a community? What would they miss out on ?  Spiritual- To know we are			
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Journey In Love:♥

Physical- Do you belong to a community?

Social- Is belonging to a community important ?

Journey In Love:♥

Emotional- Sometimes we are happy together in a community.

Intellectual- Can people feel alone even if they belong to a community? What would they miss out on ?

Spiritual- To know we are

							God's children.		
3	<p>What makes a family; features of family life#  <b>Journey In Love:♥</b></p> <p><b>Physical- Who takes care of me ?</b></p> <p><b>Social- How do I help other to make and keep friends ?</b></p> <p><b>How do I keep myself safe ?</b></p> <p><b>How do I keep myself safe ?</b></p> <p><b>Emotional- How do you feel when a friend is not there for you ?</b></p>	<p>Personal boundaries; safely responding to others; the impact of hurtful behaviour+</p>	<p>Recognising respectful behaviour; the importance of self-respect; courtesy and being polite+</p>	<p>The value of rules and laws; rights, freedoms and responsibilities +#</p>	<p>How the internet is used; assessing information online+</p>	<p>Different jobs and skills; job stereotypes; setting personal goals+^</p>	<p>Health choices and habits*; what affects feelings; expressing feelings</p> <p><b>Journey In Love:♥</b></p> <p><b>Intellectual- What is the difference ?</b></p> <p><b>Spiritual- Zacchaeus was an outcast.</b></p>	<p>Personal strengths and achievements; managing and re-framing setbacks</p>	<p>Risks and hazards; safety in the local environment and unfamiliar places</p>

	<p>How do your friends feel when you are not there for them ?</p> <p>How can you be a more supportive friend ?</p>								
4	<p>Positive friendships, including online+</p> <p>Journey In Love:♥</p> <p>Social- How do I learn to accept and celebrate who I am ?</p> <p>Emotional- How do I appreciate my own gifts, talents and</p>	<p>Responding to hurtful behaviour; managing confidentiality; recognising risks online+</p>	<p>Respecting differences and similarities; discussing difference sensitively+#</p>	<p>What makes a community; shared responsibilities #</p>	<p>How data is shared and used</p>	<p>Making decisions about money; using and keeping money safe^</p>	<p>Maintaining a balanced lifestyle; oral hygiene and dental care*</p> <p>Journey In Love:♥</p> <p>Physical- We grow and develop at different rates. We are different</p>	<p>Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</p>	<p>Medicines and household products; drugs common to everyday life</p>

	<p>achievements that make me unique?</p> <p>Intellectual- I have all sorts of feelings .</p>						<p>shapes and sizes.</p> <p>Spiritual- Saint Paul's teaching.</p>		
5	<p>Managing friend ships and peer- Influence+#</p> <p>Journey In Love:♥</p> <p>Social/Emotional- As we grow up our feelings and behaviour change.</p>	<p>Physical contact and feeling safe+</p>	<p>Responding respect ing prejudice and discriminat ion+#</p> <p>LFC – equality and diversity</p>	<p>Protecting the environment; compassion towards others</p>	<p>How informati on online is targeted; different media types, their role and impact+</p>	<p>Identifying job inter ests and aspirations; what influences career choices; workplace stereo- types+^</p>	<p>Healthy sleep habits ; sun safety; medicines, vaccination s, immunisatio ns and allergies</p> <p>Journey In Love:♥</p> <p>Physical/ Intellectual- We have changed in many ways since we were born.</p>	<p>Personal identity+; r ecognising individ- uality and different qualities; mental wellbeing</p>	<p>Keeping safe in different situations+, including responding in emergencies, first aid and FGM</p>

							Spiritual- To live is to change.		
6	<p>Attraction to others; romantic relationships; civil partnership and marriage+#</p> <p>Journey In Love:♥</p> <p>Social - What signs of love do you see in people around you?</p> <p>Emotional- Relationships develop and eventually you may be able to use the word 'love'.</p>	<p>Recognising and managing pressure; consent in different situations+</p>	<p>Expressing opinions and respecting other points of view, including discussing topical issues+</p>	<p>Valuing diversity; challenging discrimination and stereotypes+#</p>	<p>Evaluating media sources; sharing things online+</p>	<p>Influences and attitudes to money; money and financial risks^</p>	<p>What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online Dental hygiene session*</p> <p>Journey In Love:♥</p> <p>Physical- Our bodies and the reproductive system.</p>	<p>Human reproduction and birth; increasing independence; managing transition</p>	<p>Keeping personal information safe (Ariel Trust – Send Me A Selfie+; regulations and choices; drug use and the law; drug use and the media</p>

							Spiritual- God makes new life begin through the love that parents have for each other.			
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Year 6 – Rolling Programme of Visiting A Health Centre