

PSHE Long Term Curriculum Overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Relationships What is the same and different about us?	Relationships Who is special to us?	Health and wellbeing What helps us stay healthy?	Living in the wider world What can we do with money?	Health and wellbeing Who helps to keep us safe?	Living in the wider world How can we look after each other and the world?
2	Relationships What makes a good friend?	Relationships What is bullying?	Living in the wider world What jobs do people do?	Health and wellbeing What helps us to stay safe?	Health and wellbeing What can help us grow and stay healthy?	Health and wellbeing How do we recognise our feelings?
3	Relationships How can we be a good friend?	Health and wellbeing What keeps us safe?	Relationships What are families like?	Living in the wider world What makes a community?	Health and wellbeing Why should we eat well and look after our teeth?	Health and wellbeing Why should we keep active and sleep well?
4	Health and wellbeing What strengths, skills and interests do we have?	Relationships How do we treat each other with respect?	Health and wellbeing How can we manage our feelings?	Living in the wider world What decision can people make with money?	Living in the wider world How can our choices make a difference to others and the environment?	Health and wellbeing How can we manage risk in different places?
5	Health and wellbeing What makes up our identity?	Health and Wellbeing How can drugs common to everyday life affects health?	Living in the wider world What jobs would we like?	Health and wellbeing How can we help in an accident or emergency?	Relationships How can friends communicate safely?	Health and wellbeing How will we grow and change?
6	Health and wellbeing How can we keep healthy as we grow?		Living in the wider world How can the media influence people?		Relationships What will change as we become more independent? How do friendships change as we grow?	