

Personal, Social and Health Education: Long Term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y 1	How can we be a good friend? - How to make friends - How to behave as a friend - How to resolve arguments - How to ask for help when a friendship is making them unhappy - Trusted adults	What makes a family and who is special to us? - Different people in my family - How we feel special and cared for - How families are all different but share common features - Different types of family life - Asking for help if something is worrying them	How can we look after our bodies every day? - That things we put into or onto and into our bodies affect how we feel - The benefits of physical activity and sleep - Sleep and screen time - Why hygiene is important	How can I understand my thoughts and feelings? - Our amazing brains - How to notice and name a range of feelings in themselves and others - That our feelings can affect how we behave - Simple things we can do to help ourselves	How can we keep safe at home? - Trusted adults and how to ask for help - Safe rules for doors, windows, medicines and visitors - Stranger danger (door/phone) - The pants rule and speaking up - What to do if they feel unsafe or worried – 999 National water safety week	How can we look after each other and the world? - How kind and unkind behaviour can affect others, how to be polite and courteous - About responsibilities - How people and animals need to be cared for - What can harm the local and global environment
Y 2	How are we the same and different? - How they are unique - How they are similar or different to others - Respecting people who are different to me - How our bodies work differently - Celebrating similarities & differences - disability	How do we deal with bullying and pressure? - How words and actions can affect how people feel - Name-calling, hurtful teasing, excluding others is unacceptable - Resisting pressure to do something that makes you feel uncomfortable – including keeping secrets - The Pants Rule - How to respond and seek help	How do jobs help people earn money and what can we do with it? - Ranges of jobs people do - How people have different strengths and interests - What money is and that it comes in different forms - How money is obtained - How people make choices about what to do with their money - The difference between needs and wants	What helps us stay safe online? - Different ways people use the internet - How to use the internet safely - Rules and age restrictions - Identifying potentially unsafe situations - How not everything they see online is true or real - Benefits and risks of watching videos or playing games online - Seeking help	How can we keep safe outside the home? - Who can help in different places/situations - Keeping safe in the sun - Stranger danger - Road safety - Railways safety National water safety week	How do we recognise and manage our feelings well? - Recognising, naming and describing a range of feelings - How different things/times/experiences can bring about different feelings for different people - How feelings affect people in their bodies and their behaviour - Managing feelings - Seeking help
Y 3	How can we build and keep healthy friendships? - How friendships support wellbeing - How to recognise if someone is feeling excluded or lonely - Identifying qualities that lead to good friendships - How to manage disputes and arguments - Recognising if a friendship is making them feel uncomfortable or unsafe	How can we keep ourselves safe? - Recognising hazards - How to keep their body protected – e.g. seatbelts - That our bodies belong to us – pants rule - Recognising and responding to pressure (including online) - Everyday health and hygiene - What to do in an emergency National water safety week	What are families like? - How families differ from one another (different family structures) - Tolerance & understanding - Common features of family life (celebrations, holidays) - How people within families care for one another - Asking for help or advice if relationships are making them feel unhappy or worried	How can we make our community welcoming? - How they belong to different groups and communities - What is meant by a diverse community – UK/Aston - How community helps everyone to feel included and values contributions - Being respectful towards people who may live differently to them	Why should we eat well and look after our teeth? - Healthy diet, nutritionally rich foods - Maintaining good oral hygiene - Balanced diet - Choices and who influences these - How to seek advice about healthy eating and dental care	How do healthy routines help our bodies and feelings? - The impact of habits and routines on mood - Making good choices - Screen time - The impact of the lack of sleep - Self-management - Seeking support Could use the Sanya resource that is currently in Y6 (Aut) – see below

Y 4	How can understanding ourselves help us grow in confidence and manage challenges? - What contributes to who someone is (e.g. culture, ethnicity, family, faith, hobbies, likes/dislikes) - How to recognise personal identity and self-respect - How to manage feelings, thoughts, setbacks and responses in different situations	How can we protect rights and respect others - How people’s behaviour affects themselves and others, including online - Rights and responsibilities - About the right to privacy, how to recognise when a confidence or secret should be kept - The rights children have and why it is important to protect these - Discrimination – racism – homophobia - gender - Responding to aggressive or inappropriate behaviour	How can we manage thoughts, feelings and behaviour? - How everyday things can affect feelings - How feelings change over time - The importance of expressing feelings and how they can be expressed in different ways - Responding proportionately to, and manage, feelings in different circumstances - Managing feelings at times of loss or grief - Exploring ‘boys don’t cry’ - Accessing advice / support Could use the Sanya resource that is currently in Y6 (Aut)	How can we help in an accident or emergency? - How to carry out basic first aid - That if someone has experienced a head injury they should not be moved - Seeking adult help - Remaining calm and contacting the emergency services	What decisions can people make with money? - How people make decisions about spending and saving money - How to recognise what makes something ‘value for money’ - that there are risks associated with money – online purchases – in app purchases - to recognise the risks involved in gambling related activities, and the impact it might have – also online gaming	How can we manage risk in different places? - How to recognise, predict, assess and manage risk in different situations - Keeping safe in the local environment – (national water safety week – June) - How people can be influenced by their peers’ behaviour and by a desire for peer approval – how to manage this - How to keep safe online – requests for personal information, fake or real images. Reporting concerns - Rules, restrictions & laws
Y 5	What makes a stereotype and how can we challenge them? - about diversity, personal identity and self-respect - how assumptions and stereotypes can be unfair or inaccurate - how stereotypes can influence behaviour towards others and may lead to prejudice, discrimination, bullying or online bullying; - how to recognise bullying linked to identity, including online and offline behaviours; - strategies for challenging stereotypes respectfully and safely.	How can we communicate safely and look after our wellbeing online? - About the different types of relationships they have in their lives - How friends and family communicate together, how the internet and social media can be used positively - How knowing someone face to face differs from online - Recognising risk in relation to friendships - Safe content online, safe sharing	How will we grow and change? - About puberty and how bodies change during puberty, including menstruation * - How puberty can affect emotions and feelings - How personal hygiene routines change during puberty - Appropriate and inappropriate touch - Giving and seeking permission - Personal boundaries - How to ask for advice and support	How can drugs common to everyday life affect health? - How drugs common to everyday life can affect health and well-being (smoking/vaping, alcohol, caffeine and medicines) - How laws surrounding the use of drugs exist to protect them - That drugs can become a habit which is difficult to break - Peer pressure and unsafe situations relating to drugs - County lines - Asking for help	How can our choices make a difference to others and the environment? - How people have a shared responsibility to help protect the world around them - How everyday choices affect the environment - What people choose to buy or spend money on can affect others or the environment (fairtrade) - How to carry out personal responsibilities in a caring compassionate way - Litter!	What jobs would we like? - Exploring a broad range of jobs - That some jobs are paid and others voluntary - Different ways into jobs and careers (college, apprenticeships) - About the skills, attributes, qualifications and training needed for different jobs - Challenging stereotypes about the types of jobs people can do - How they might choose a career when they are older
Y 6	How can we keep healthy as we grow? - How physical and mental health are linked - Healthy routines, habits and balanced lifestyles - Managing feelings, worries and changes as we grow - Recognising signs of physical or mental ill-health and seeking support - How drugs, alcohol, vaping and medicines can affect health and choices - Puberty, body changes and managing growing up <i>*Taught in gender groupings</i>			How can online media shape what we think, feel and do? - How the media, including online experiences, can affect people’s wellbeing - Fake news and discrimination/stereotypes – gender – racism – disability – homophobia - How AI Chatbots work? - The impact of generative AI - That not everything should be shared online or on social media, the rules around this and distributing of images - To recognise unsafe or suspicious content - Gaming and streaming		What will change as we become more independent? How do friendships change as we grow? - That people have different kinds of relationships in their lives - How growing up and becoming more independent comes with increased opportunities and responsibilities - How friendships may change as they grow and managing this - Healthy and unhealthy relationships – gang culture – knife crime - How to manage change, including moving to secondary school; how to ask for support or where to seek further information about growing up

		• How information is ranked, selected, targeted to meet the interests of individuals & groups, & can be used to influence	
--	--	---	--