

PSHE Long Term Overview 2020-2021
Key Stage 1 and 2

	Autumn 1		Autumn 2	Spring term			Summer Term		
	New Beginnings-Class charter Families and Friendships	Respecting ourselves and others *Anti-Bullying Week*	Growth Mindset	Safe relationships	Belonging to a community	Money and work (2 weeks) Media literacy and digital resilience	Physical health and mental wellbeing *Sun safety*	Keeping safe	Growing and changing (Medway Scheme)
Year 1	Class charter Roles of different people; families; being cared for.	How behaviour affects others; being polite and respectful. *Anti-Bullying Week*	Growth Mindset	Recognising privacy; staying safe; seeking permission.	What rules are; caring for others' needs; looking after the environment.	Strengths and interests; jobs in the community. Using the internet and digital devices; communicating online.	Keeping healthy, food and exercise; hygiene routines; sun safety.	How rules and age restrictions help us; keeping safe online.	Recognising what makes them unique and special; feelings; managing when things go wrong.
Year 2	Class charter. Making friends; feeling lonely and getting help.	Recognising things in common and differences; playing and working cooperatively; sharing opinions. *Anti-Bullying Week*	Growth Mindset	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour.	Belonging to a group; roles and responsibilities; being the same and different in the community.	What money is; needs and wants; looking after money. The internet in everyday life; online content and information.	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and keeping safe sun safety..	Safety in different environments; risk and safety at home; emergencies.	Growing older; naming body parts; moving class or year.
Year 3	Class charter. What makes a family; features of family life.	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite *Anti-Bullying Week*	Growth Mindset	Personal boundaries; safely responding to others; the impact of hurtful behaviour.	The value of rules and laws; rights, freedoms and responsibilities.	Different jobs and skills; job stereotypes; setting personal goals. How the internet is used; assessing information online.	Health choices and habits; what affects feelings; expressing feelings sun safety.	Risks and hazards; safety in the local environment and unfamiliar places.	Personal strengths and achievements; managing and reframing setbacks.
Year 4	Class charter. Positive friendships, including online.	Respecting differences and similarities; discussing difference and sensitively. *Anti-Bullying Week*	Growth Mindset	Responding to hurtful behaviour; managing confidentiality; recognising risks online.	What makes a community; shared responsibilities.	Making decisions about money; using and keeping money safe. How data is shared and used.	Maintaining a balanced lifestyle; oral hygiene and dental care; sun safety.	Medicines and household products; drugs common to everyday life.	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty.
Year 5	Class charter. Managing friendships and peer influence.	Responding respectfully to a wide range of people; recognising prejudice and discrimination.. *Anti-Bullying Week*	Growth Mindset	Physical contact and feeling safe	Protecting the environment, compassion towards others.	Identifying job interests and aspirations; what influences career choices; workplace stereotypes. How information online is targeted; different media types; their role and impact.	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies.	Keeping safe in different situations, including responding in emergencies, first aid and FGM.	Personal identity; recognising individuality and different qualities; mental wellbeing.
Year 6	Class charter. What makes a good friend, what skills are needed to be a friend? Attraction to others; romantic relationships; civil partnership and marriage.	Expression opinions and respecting other points of view, including discussing topical issues.*Anti-Bullying Week*	Growth Mindset	Recognising and managing pressure; consent in different situations.	Valuing diversity; challenging discrimination and stereotypes.	Influences and attitudes to money; money and financial risks. Evaluating media sources; sharing things online.	What affects mental health and ways to take care of it; managing change; loss and bereavement; managing time online; sun safety.	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media.	Human reproduction and birth; increasing independence; managing transitions.