



PSHE - OVERVIEW

Long Term - PSHE Overview

Autumn 1	Rec	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Lifewise units	<ul style="list-style-type: none"> • Taking good care of myself • Sharing • Gentle hands and hearts 	<ul style="list-style-type: none"> • Hygiene and me • What is Friendship? • What makes a family? 	<ul style="list-style-type: none"> • Positive friendships • Respecting all families 	<ul style="list-style-type: none"> • BV Democracy and Law • BV Culture and Liberty • Relationships with others • Personal hygiene • Change is good • Different kinds of friendships 	<ul style="list-style-type: none"> • BV Government and Rules • BV Freedom in beliefs • Family Relationships • What's love? 	<ul style="list-style-type: none"> • BV Laws and Parliament • BV Freedom of Speech and Movement • Respecting others' boundaries and beliefs • Expressing love differently as you grow • What is marriage? 	<ul style="list-style-type: none"> • BV Lawmakers and activists • BV Rights and Radicalisation • The Government • Organisation of life • The power of love- inequality within relationships • What is forced marriage?
Autumn 2	Rec	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<ul style="list-style-type: none"> • Sleep • Being curious • Trusted adults • Road safety 	<ul style="list-style-type: none"> • Getting your sleep • Kind vs unkind • Road safety • Safety symbols • A problem shared is a problem halved • Communication • Trust 	<ul style="list-style-type: none"> • it's ok not to be ok • Understanding peer pressure • Private body 	<ul style="list-style-type: none"> • My body, your body- keeping healthy • Self-worth • Self-image • Helping others to get help • Who can we trust? • Anger, fear and mindfulness 	<ul style="list-style-type: none"> • My body, your body- keeping safe • Sleep • Bullying • Everything will be alright • Consent 	<ul style="list-style-type: none"> • Keeping my body the same • My body changes • Communicating effectively 	<ul style="list-style-type: none"> • My amazing body • Self-perception • Consent • Feeling Anxious • Recognising and • controlling anger

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Spring 1	Rec	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<ul style="list-style-type: none"> • Managing feelings • Follow my lead • Technology 	<ul style="list-style-type: none"> • Understanding difficult feelings • Being Happy • Being Mindful 	<ul style="list-style-type: none"> • Screen time safety • Cyber safety • relaxation • Feeling sad • Happiness 	<ul style="list-style-type: none"> • Power of words: STOP • Social media body confidence • Staying safe online • Gender • Anxiety, stress and mindfulness 	<ul style="list-style-type: none"> • All about tik-tok • Screen time • Identify and gender • Relaxing to recharge 	<ul style="list-style-type: none"> • Power of words- mouldy rice • Social media- being confident • Responsibility and inspiration • Homophobic language in schools • Dealing with adversity 	<ul style="list-style-type: none"> • The power of words- clean up your speech • Social media- tik tok • Identity, gender and sexuality
Spring 2	Rec	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<ul style="list-style-type: none"> • Animals • Cities, towns, land and sea • Planting our food 	<ul style="list-style-type: none"> • Respecting others • My Growing body • Food safety and what not to eat 	<ul style="list-style-type: none"> • Medicines and drugs • Dealing with loss • Fight or flight 	<ul style="list-style-type: none"> • Autism different- not less • Celebrating women in History-traditional roles • Vaccinations and diseases • Exercise • Safety with household meds 	<ul style="list-style-type: none"> • Autism- Asperger's • Healthy eating and a balanced diet • The importance of physical activity • The recreational drugs of alcohol and nicotine 	<ul style="list-style-type: none"> • Autism- neurodivergence • Junk food • Nutritional values • The human body • Caffeine= helpful or harmful? 	<ul style="list-style-type: none"> • Autism do say, don't say • Celebrating women in history- forgotten achievements • Alcohol, smoking and vaping • Drugs • Illegal drugs

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Summer 1	Rec	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<ul style="list-style-type: none"> • Making mistakes • Fire safety • The great outdoors 	<ul style="list-style-type: none"> • Braving the weather • Emergency services • Wildlife 	<ul style="list-style-type: none"> • Fire safety • Desert island • Environment • Navigation • Forest survival • Protecting our planet 	<ul style="list-style-type: none"> • Separation and divorce • Fairtrade: working together • Global warming- what can we do to help? 	<ul style="list-style-type: none"> • Where does my food come from? • Respect • Being responsible • Fairtrade: change through choice 	<ul style="list-style-type: none"> • The Digital World • Supporting the Community • Fairtrade: same storm, different boat • Learning part 1 	<ul style="list-style-type: none"> • Ageism • The Power of Negotiation • Fair trade- the shirt off your back • Global warming- issues and prevention
Summer 2	Rec	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<ul style="list-style-type: none"> • Marching to the beat of your own drum • Water safety 	<ul style="list-style-type: none"> • Signalling and sign language • Water safety • First Aid & CPR 	<ul style="list-style-type: none"> • Personal goal setting • Adapting to change • The art of failure 	<ul style="list-style-type: none"> • Growth mindset • Sun safety • The World of Work • Problem solving and time management 	<ul style="list-style-type: none"> • Problem solving and resourcefulness • Try and try again • Leadership • Earning Money 	<ul style="list-style-type: none"> • Learning part 2 • Borrowing money • The NHS 	<ul style="list-style-type: none"> • First aid • Transition • Learning to work • Law • Tax • Banks • Pensions • How to write a CV • Entrepreneurship, enterprise and business

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Days to Recognise

September	October	November	December	January	February	March	April	May	June
Emergency services Day	Grandparents Day	National Stress Awareness Day	International Day of People with Disabilities	World Religion Day	LGBTQ+ History Month	International Women's Day	National Gardening Month	Sun Awareness Week	Global day of parents'
World First Aid Day	County Lines awareness week	Social Media Kindness Day	Human Rights Day	National Handwriting Day	Time to Talk Day	National School Meals Day	World Autism Awareness Day	International Firefighter's Day	Pride month
International Day of Democracy	National Hate Crime Awareness Week	Inter Faith Week		National puzzle day	Children's Mental Health Week	Global Money Week	Earth Day	World Hand Hygiene Day	Child Safety week
Jeans for genes week	World Mental Health Day	World Kindness Day			Race Equality Week	St Patrick's Day/World Sleep Day	Allergy Awareness Week	International Nurses' Day	My Money week
Recycle Week		Anti-Bullying Week			Sexual Abuse & Violence Week	Stop Child Sexual Exploitation Day	On Your Feet Britain Day	National Children's Day	Loneliness day
International Day of Peace		Road Safety Week			Internet Safety Day		World Wish Day	World Fair Trade day	School Diversity Week
World Car Free Day		International Day of Tolerance			Valentine's Day	Mother's Day		World Family Day	National School Sports week
National Fitness Day		BBC Children in Need/Friendship Friday			Random Act of Kindness day	World Oral Health Day		World Day for Cultural Diversity	Learning disability week
ADHD Awareness Week					World Thinking Day	World Down's Syndrome Day/		World Meditation Day	Children's Hospice Week
National Hygiene Week					Ash Wednesday	World Water Day		World History Day	World Refugee Day
								World Smile Day	