



PSHE Overview

	Autumn	Spring	Summer
Year 1	<u>Relationships</u> Roles of different people; families; feeling cared for; recognising privacy; staying safe; seeking permission; how behaviour affects others; being polite and respectful.	<u>Living in the wider world</u> What rules are; caring for others' needs; looking after the environment. Using the internet and digital devices; communicating online. Strengths and interests; jobs in the community.	<u>Health and Wellbeing</u> Keeping healthy; food and exercise, hygiene routines; sun safety. Recognising what makes them unique and special; feelings; managing when things go wrong. How rules and age restrictions help us; keeping safe online.
Year 2	<u>Relationships</u> Making friends; feeling lonely and getting help; Managing secrets; resisting pressure and getting help; recognising hurtful behaviour; recognising things in common and differences; playing and working cooperatively; sharing opinions.	<u>Living in the wider world</u> Belonging to a group; roles and responsibilities; being the same and different in the community. The internet in everyday life; online content and information. What money is; needs and wants; looking after money.	<u>Health and Wellbeing</u> Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help. Growing older; naming body parts; moving class or year. Safety in different environments; risk and safety at home; emergencies.
Year 3	<u>Relationships</u> What makes a family; features of family life. Personal boundaries; safely responding to others; the impact of hurtful behaviour. Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	<u>Living in the wider world</u> The value of rules and laws; rights, freedoms and responsibilities. How the internet is used; assessing information online (link to computing) Different jobs and skills; job stereotypes; setting personal goals. Media literacy and digital literacy .	<u>Health and Wellbeing</u> Health choices and habits; what affects feelings; expressing feelings Personal strengths and achievements; managing and reframing setbacks Risks and hazards; safety in the local environment and unfamiliar places
Year 4	<u>Relationships</u> Positive friendships, including online; responding to hurtful behaviour; managing confidentiality; recognising risks online; respecting differences and similarities; discussing difference sensitively.	<u>Living in the wider world</u> What makes a community; shared Responsibilities. How data is shared and used. Making decisions about money; using and keeping money safe.	<u>Health and Wellbeing</u> Maintaining a balanced lifestyle; oral hygiene and dental care. Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty. Medicines and household products; drugs common to

			everyday life.
Year 5	<u>Relationships</u> Managing friendships and peer influence; physical contact and feeling safe; responding respectfully to a wide range of people; recognising prejudice and discrimination.	<u>Living in the wider world</u> Protecting the environment; Compassion towards others. How information online is targeted; different media types, their role and impact; Identifying job interests and aspirations; what influences career choices; workplace stereotypes.	<u>Health and Wellbeing</u> Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies. Personal identity; recognising individuality and different qualities; mental wellbeing. Keeping safe in different situations, including responding in emergencies and first aid.
Year 6	<u>Watford Schools Trust Positive Minds/Relationships</u> Mental health; resilience; wellbeing; social media and gaming/the internet; body image; emotional literacy; talking about mental health. Attraction to others; romantic relationships; civil partnership and marriage; Recognising and managing pressure; consent in different Situations.	<u>Relationships/Living in the wider community</u> Expressing opinions and respecting other points of view, including discussing topical issues. Valuing diversity; challenging discrimination and stereotypes; Evaluating media sources; sharing things online; Influences and attitudes to money; money and financial risks.	<u>Health and Wellbeing</u> What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online. Human reproduction and birth; increasing independence; managing transition; Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media.