








**Lacewood Primary School**

**PSHE Long Term Overview**

	Autumn 1		Autumn 2	Spring 1		Spring 2	Summer 1	Summer 2
	Relationships			Living in a Wider World			Health and Wellbeing	
	Families, Friendships & People Who Care for Me	Respectful Relationships	Respecting Ourselves & Those Around Us	Belonging to a Community	Keeping Safe & Online Relationships	Money & Work	Physical Health & Mental Wellbeing	Growing & Changing
Year 1	Roles of different people, different families and being cared for. <b>Who are my friends?</b> 	Staying safe and privacy, stranger danger and personal information. <b>When should I ask for help?</b> 	Being polite or disrespectful. How am I unique or special? <b>How does my behaviour affect other people?</b> 	School and class rules, caring for others and the environment. <b>How can I take care of the things around me?</b>	How rules and age restrictions help to protect them. Safety in the home. <b>How can we stay safe online?</b>	Interests, what jobs interest them? <b>What do I want to be when I grow up?</b>	Keeping healthy, healthy eating, hygiene routines, dental hygiene, sun safety. Worries and who can help them. <b>How can I keep my body healthy?</b> 	Naming body parts, including sexual organs. How their body has changed up to the present day. <b>How have I changed so far?</b> 










<b>Year 2</b>	<p>Making friends loneliness <b>What makes a good friend?</b></p> 	<p>Secrets, peer pressure &amp; recognising hurtful behaviour. <b>When am I being helped or hurt?</b></p> 	<p>Similarities and differences, playing together, cooperation and sharing. <b>What makes our team work?</b></p> 	<p>Being part of a group, responsibilities, similarities and differences in the community. <b>Which groups do I belong to?</b></p>	<p>Safety on the streets (crossing the road) <b>Why do we need to protect ourselves online?</b></p>	<p>Looking after money. <b>Why do we need money?</b></p>	<p>The importance of sleep, managing feelings and asking for help. Worries and positive emotions. <b>How can I take care of my mental and physical health?</b></p> 	<p>How their bodies will change in future, naming sexual organs. <b>How will I change over time?</b></p> 
<b>Year 3</b>	<p>How are families different or the same? What makes a 'family' a family? <b>What makes my family special?</b></p> 	<p>Personal boundaries and safe spaces, the impact of hurtful behaviour. <b>What are my personal boundaries?</b></p> 	<p>Respectful behaviour recognition, self-respect, courtesy and being polite. <b>What does it mean to be polite and respectful?</b></p>	<p>The purpose of rules, why they are important and what are our rights and responsibilities? <b>Why do we need rules?</b></p>	<p>Safety in the community and unfamiliar place and emergencies. First Aid. <b>How can I keep myself safe in the local area?</b></p> 	<p>Jobs and skills, stereotypes and jobs, personal goals. <b>What could I achieve when I am older?</b></p>	<p>Emotions and expressing them effectively, health choices and habits. Positive and negative emotions. <b>How can I be mentally and physically fit?</b></p>	<p>How their bodies will change over time and how this may impact upon their emotions. <b>How will my emotions change as my body changes?</b></p> 



<p style="text-align: center;"><b>Year 4</b></p>	<p>Positive relationships with families and friends.  <b>What is a positive relationship?</b></p> 	<p>Responding to negative or hurtful behaviour.  <b>How can I manage negative behaviour?</b></p> 	<p>Respecting similarities and differences and the importance of sensitivity.  <b>How can I be respectful?</b></p> 	<p>What is a community and what are our roles within it?  <b>What makes a 'community'?</b></p>	<p>Dangers in the home (medicines, cleaning products).          First Aid.  <b>How can I react in difficult situations?</b></p> 	<p>Keeping money safe, using money wisely and decision making.  <b>What should I do with my money?</b></p>	<p>Oral hygiene, dental care and a balanced diet.          Positive and negative emotions and how these impact upon their everyday lives. Isolation.  <b>How can I be more independent in my self-care?</b></p> 	<p>Physical and emotional changes, external sexual organs, personal hygiene and puberty.  <b>How will I change in the years to come?</b></p>  
<p style="text-align: center;"><b>Year 5</b></p>	<p>Complicated friendships, peer groups and influence.  <b>When am I being influenced?</b></p> 	<p>Responding to physical contact, boundaries and personal space.  <b>What is my comfort zone?</b></p> 	<p>Prejudice and discrimination. Responding respectfully towards people.  <b>What are the consequences of prejudice and discrimination?</b></p> 	<p>Compassion and protecting the environment.          Rule of law.  <b>How can we protect our environment?</b></p> 	<p>Responding to emergencies and keeping safe when not with an adult.          First Aid.  <b>How should I react in an emergency?</b></p> 	<p>Job interests and aspirations, career choices and influences and workplace stereotypes.  <b>What are my long-term goals?</b></p>	<p>Medicines, vaccinations, immunisations, and allergies. Bacteria and viruses. Coping with 'stress'. Isolation and solitude.  <b>How do medicines protect us and keep us healthy?</b></p>	<p>Puberty and their changing bodies, periods.  <b>How will my body mature and change?</b></p>  



<p>Year 6</p>	<p>Peer Pressure and influential friendships. Why does my own voice matter?</p> 	<p>Managing consent in different situations. When should I say no?</p> 	<p>Opinions and points of view and topical issues. How can I share my thoughts respectfully?</p> 	<p>Diversity, discrimination and stereotypes. Why should we challenge discrimination and stereotypes?</p>  	<p>Keeping personal information safe, regulations &amp; choices, false advertisements &amp; social media. Managing time online. First Aid. How does the media influence my decisions?</p>	<p>Attitudes towards money, influences upon choices, financial risks. How can I be careful with my money?</p>	<p>Mental health and influential factors, coping with change, loss and bereavement. Stress, anxiety &amp; isolation. How can I manage my mental health?</p>  
---------------	---	--	--	---	---	---	--