



PSHE/RSE Long Term Overview



Autumn Term		Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Autumn Term 1	Me and My Relationships -What makes me special -People close to me -Getting help	Me and My Relationships -Feelings -Getting help -Classroom rules -Special people -Being a good friend	Me and My Relationships -Bullying and teasing -Our school rules about bullying -Being a good friend -Feelings/self-regulation	Me and My Relationships -Rules and their purpose -Cooperation -Friendship (including respectful relationships) -Coping with loss	Me and My Relationships -Healthy relationships -Listening to feelings -Bullying -Assertive skills	Me and My Relationships -Feelings -Friendship skills, including compromise -Assertive skills -Cooperation -Recognising emotional needs	Me and My Relationships -Assertiveness -Cooperation -Safe/unsafe touches -Positive relationships
	Autumn Term 2	Valuing Difference -Similarities and difference -Celebrating difference -Showing kindness	Valuing Difference -Recognising, valuing and celebrating difference -Developing respect and accepting others -Bullying and getting help	Valuing Difference -Being kind and helping others -Celebrating difference -People who help us -Listening Skills	Valuing Difference -Recognising and respecting diversity -Being respectful and tolerant -My community	Valuing Difference -Recognising and celebrating difference (including religions and cultural difference) -Understanding and challenging stereotypes	Valuing Difference -Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Valuing Difference - Recognising and celebrating difference -Recognising and reflecting on prejudice-based bullying -Understanding Bystander behaviour -Gender stereotyping

Spring Term	Spring Term 1	Keeping Safe -Keeping my body safe -Safe secrets and touches -People who help to keep us safe	Keeping Safe -How our feelings can keep us safe – including online safety -Safe and unsafe touches -Medicine Safety -Sleep	Keeping Safe -Safe and unsafe secrets -Appropriate touch -Medicine safety	Keeping Safe -Managing risk -Decision making skills -Drugs and their risks -Staying safe online	Keeping Safe -Managing risk -Understanding the norms of drug use (cigarette and alcohol use) -Influences -Online safety	Keeping Safe -Managing risk, including online safety -Norms around use of legal drugs (tobacco, alcohol) -Decision-making skills	Keeping Safe -Understanding emotional needs -Staying safe online -Drugs norms and risks (including the law)
	Spring Term 2	Rights and Respect -Looking after things: friends, environment, money	Rights and Respect -Taking care of things: -Myself -My money -My environment	Rights and Respect -Cooperation -Self-regulation -Online safety -Looking after money – saving and spending	Rights and Respect -Skills we need to develop as we grow up -Helping and being helped -Looking after the environment -Managing money	Rights and Respect -Making a difference (different ways of helping others or the environment) -Media influence -Decisions about spending money	Rights and Respect -Rights, respect and duties relating to my health -Making a difference -Decisions about lending, borrowing and spending	Rights and Respect -Understanding media bias, including social media -Caring: communities and the environment -Earning and saving money -Understanding democracy
Summer Term	Summer Term 1	Being My Best -Keeping by body healthy – food, exercise, sleep -Growth Mindset	Being My Best -Growth Mindset -Healthy eating -Hygiene and health -Cooperation	Being My Best -Growth Mindset -Looking after my body -Hygiene and health -Exercise and sleep	Being My Best -Keeping myself healthy and well -Celebrating and developing my skills -Developing empathy	Being My Best -Having choices and making decisions about my health -Taking care of my environment -My skills and interests	Being My Best -Growing independence and taking ownership -Keeping myself healthy -Media awareness and safety -My community	Being My Best -Aspirations and goal setting -Managing risk -Looking after my mental health

	Summer Term 2	Growing and Changing -Cycles -Life stages	Growing and Changing -Getting help -Becoming independent -My body parts -Taking care of self and others	Growing and Changing – Life cycles -Dealing with loss -Being supportive -Growing and changing -Privacy	Growing and Changing -Relationships -Changing bodies and puberty -Keeping safe -Safe and unsafe secrets	Growing and Changing -Body changes during puberty -Managing difficult feelings -Relationships including marriage	Growing and Changing -Managing difficult feelings -Managing change -How my feelings help keeping safe -Getting help	Growing and Changing -Coping with changes -Keeping safe -Body image -Sex education -Self-esteem
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