

Whole School PSHRE Overview

In Personal, Social, Health, Relationships and Economic (PSHRE) lessons, children will learn how to stay healthy and keep safe, while preparing them to make the most of life and work. We take a thematic approach to the teaching of PSHRE covering the themes of Relationships, Living in the Wider World and Health and Wellbeing. All year groups work on similar themes at the same time, building a spiral progression where concepts are revisited year on year. Within our PSHRE curriculum, which follows the PSHE Association model, all the statutory content for Relationships and Health Education is covered.

Discussion is at the heart of our teaching of PSHRE as we want all children to develop the knowledge, skills and attitudes they need to make informed decisions about their wellbeing, health and relationships as they move from childhood to adolescence and onto their adult lives. In lessons, children are given time to explore, think and question. They are encouraged to listen to others and to respect their views.

	Autumn: Relationships			Spring: Living in the Wider World			Summer: Health and Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and mental wellbeing	Growing and changing	Keeping safe
Year 1	Roles of different people, families, feeling cared for.	Recognising privacy: staying safe, seeking permission	How behaviour affects others: being polite and respectful	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	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	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	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	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	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	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	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	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks	Respecting differences and similarities; discussing differences sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Personal hygiene routines	Medicines and household products; drugs common to everyday life

		online							
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	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	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing; physical and emotional changes in puberty; support with puberty	Keeping safe in different situations, including responding in emergencies, first aid and FGM
Year 6	Attraction to others, relationships, civil partnerships and marriage	Recognising and managing pressure; consent in different situations	Respecting opinions and others' 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	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Managing transitions	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media