

PSHCE Long-Term Overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	What is the same and different about us?	Who is special to us?	What helps us stay healthy?	What can we do with money?	Who helps to keep us safe?	How can we look after each other and the world?
2	What makes a good friend?	What is bullying?	What jobs do people do?	What helps us grow and stay healthy?	What helps us to stay safe?	How do we recognise our feelings?
3	How can we be a good friend?	What keeps us safe?	What are families like?	What makes a community?	Why should we eat well and look after our teeth?	Why should we keep active and sleep well?
4	What strengths, skills and interests do we have?	How do we treat each other with respect?	How can we manage our feelings?	How will we grow and change?	How can our choices make a difference to others and the environment?	How can we manage risk in different places?
5	What makes up a person's identity?	What decisions can people make with money?	How can we help in an accident or emergency?	How can friends communicate safely?	How can drugs common to everyday life affect health?	What jobs would be like?
6	What will change as we become more independent?		How can we keep healthy as we grow?		How can the media influence people?	

Key

Health and Wellbeing

Relationships

Living in the Wider World

Healthy Inside and Out Days (1 per half term for all year groups)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme	Feeling good and being me	Friends and family	Life changes	Strong emotions	Being the same and being different	Solving problems