

Personal, Social, Health & Economic Education Long Term Overview

Relationships
Health and Well-being
Living in the Wider World

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1	<p><u>What makes a good friend?</u></p> <ul style="list-style-type: none"> How to make friends How to behave as a friend How to resolve arguments How to ask for help 	<p><u>Who is special to us?</u></p> <ul style="list-style-type: none"> Different people in my family How we feel special and cared for How families are all different but share common features 	<p><u>What helps us stay healthy?</u></p> <ul style="list-style-type: none"> That things we put into or onto our bodies affect how we feel Medicines Why hygiene is important How to take care of ourselves 	<p><u>What can we do with money?</u></p> <ul style="list-style-type: none"> What money is and that it comes in different forms How money is obtained How people make choices about what to do with their money The difference between needs and wants 	<p><u>Who helps to keep us safe?</u></p> <ul style="list-style-type: none"> Different people in the community that help them to keep safe Who can help us in different places/situations? How to respond safely to adults we don't know The pants rule What to do if we feel unsafe or worried – 999 	<p><u>How can we look after each other and the world?</u></p> <ul style="list-style-type: none"> How kind and unkind behaviour can affect others, how to be polite and courteous About responsibilities How people and animals need to be cared for What can harm the local and global environment
Y2	<p><u>What is the same and different about us?</u></p> <ul style="list-style-type: none"> How we are unique How we are similar or different to others Celebrating similarities & differences - disability 	<p><u>What is bullying?</u></p> <ul style="list-style-type: none"> How words and actions can affect how people feel Name-calling, hurtful teasing, excluding others is unacceptable How to respond and seek help 	<p><u>What jobs people do?</u></p> <ul style="list-style-type: none"> How jobs help people earn money Ranges of jobs people do How people have different strengths and interests Using the internet and digital devices in everyday lives 	<p><u>What helps us to stay safe?</u></p> <ul style="list-style-type: none"> Rules and restriction that help us to stay safe Identifying potentially unsafe situations (including online) Resisting pressure to do something that makes them feel unsafe or uncomfortable including keeping secrets The pants rule How not everything they see online is true or trustworthy Seeking help 	<p><u>What helps us to grow and stay healthy?</u></p> <ul style="list-style-type: none"> The different things help our bodies to be healthy The impact of too much sugar The benefits of physical activity and sleep Screen time Keeping safe in the sun 	<p><u>How do we recognise our feelings?</u></p> <ul style="list-style-type: none"> Recognizing, naming and describing a range of feelings How different things/times/experiences can bring about different feelings for different people How feelings affect people in their bodies and their behaviour Managing feelings Seeking help
Y3	<p><u>How can we be a good friend?</u></p> <ul style="list-style-type: none"> How friendships support wellbeing How to recognise if someone is feeling excluded or lonely Identifying qualities that lead to good friendships How to manage disputes and arguments Recognising if a friendship is making us feel uncomfortable or unsafe 	<p><u>What keeps us safe?</u></p> <ul style="list-style-type: none"> Recognising hazards How to keep our bodies protected – e.g., seatbelts That our bodies belong to us – pants rule Recognising and responding to pressure (including online) Everyday health and hygiene What to do in an emergency 	<p><u>What are families like?</u></p> <ul style="list-style-type: none"> How families differ from one another (different family structures) Tolerance & understanding Common features of family life (celebrations, holidays) How people within families care for one another Asking for help or advice if relationships are making us feel unhappy or worried 	<p><u>What makes a community?</u></p> <ul style="list-style-type: none"> How we belong to different groups and communities What is meant by a diverse community – UK/Aston How community helps everyone to feel included and values contributions Being respectful towards people who may live differently to us 	<p><u>Why should we eat well and look after our teeth?</u></p> <ul style="list-style-type: none"> Healthy diet, nutritionally rich foods Maintaining good oral hygiene Balanced diet Choices and who influences these How to seek advice about healthy eating and dental care 	<p><u>Why should we keep active and sleep well?</u></p> <ul style="list-style-type: none"> How regular physical activity benefits bodies and feelings Balancing time Making choices Screen time The impact of the lack of sleep Seeking support
Y4	<p><u>What Strengths, skills and interests do we have?</u></p> <ul style="list-style-type: none"> Recognising personal qualities and individuality Developing self-worth Setting goals Learning from mistakes and setbacks Reframing unhelpful thinking Determination and resilience Mindset – making mistakes 	<p><u>How do we treat each other with respect?</u></p> <ul style="list-style-type: none"> How people's behaviour affects themselves and others, including online Rights and responsibilities About the right to privacy, how to recognise when a confidence or secret should be kept The rights children have and why it is important to protect these Discrimination – racism – homophobia - gender Responding to aggressive or inappropriate behaviour 	<p><u>How can we manage our feelings?</u></p> <ul style="list-style-type: none"> How everyday things can affect feelings How feelings change over time The importance of expressing feelings and how they can be expressed in different ways Responding proportionately to, and manage, feelings in different circumstances Managing feelings at times of loss or grief Exploring 'boys don't cry' Accessing advice / support 	<p><u>How can we help in an accident or emergency?</u></p> <ul style="list-style-type: none"> How to carry out basic first aid That if someone has experienced a head injury they should not be moved Seeking adult help Remaining calm and contacting the emergency services 	<p><u>How can our choices make a difference to others and the environment?</u></p> <ul style="list-style-type: none"> How people have a shared responsibility to help protect the world around them How everyday choices affect the environment What people choose to buy or spend money on can affect other or the environment (fairtrade) How to carry out personal responsibilities in a caring compassionate way 	<p><u>How can we manage risk in different places?</u></p> <ul style="list-style-type: none"> How to recognise, predict, assess, and manage risk in different situations How to keep safe in the local environment How people can be influenced by their peers' behaviour and by a desire for peer approval – how to manage this How to keep safe online – requests for personal information Reporting concerns Rules, restrictions & laws
Y5	<p><u>What makes a stereotype and what does it mean to challenge them?</u></p> <ul style="list-style-type: none"> Recognising & respecting similarities & differences between people That they are a range of factors that contribute to a person's identity Stereotypes and how they are not always accurate and can negatively influence behaviours and attitudes – gender – race – disability Challenging stereotypes 	<p><u>What decisions can people make with money?</u></p> <ul style="list-style-type: none"> How people make decisions about spending and saving money How to recognise what makes something 'value for money' that there are risks associated with money – online purchases – in app purchases to recognise the risks involved in gambling related activities, and the impact it might have – also online gaming 	<p><u>How will we grow and change?</u></p> <ul style="list-style-type: none"> About puberty and how bodies change during puberty, including menstruation How puberty can affect emotions and feelings How personal hygiene routines change during puberty How to ask for advice and support 	<p><u>How can friends communicate safely?</u></p> <ul style="list-style-type: none"> About the different types of relationships, we have in our lives How friends and family communicate together, how the internet and social media can be used positively How knowing someone face to face differs from online Recognising risk in relation to friendships Safe content online, safe sharing, consent 	<p><u>How can drugs common to everyday life affect health?</u></p> <ul style="list-style-type: none"> How drugs common to everyday life can affect health and wellbeing (smoking/vaping, alcohol, caffeine, and medicines) How laws surrounding the use of drugs exist to protect them That drugs can become a habit which is difficult to break Peer pressure and unsafe situations relating to drugs Asking for help 	<p><u>What jobs would we like?</u></p> <ul style="list-style-type: none"> Exploring a broad range of jobs That some jobs are paid and others voluntary Different ways into jobs and careers (college, apprenticeships) About the skills, attributes, qualifications, and training needed for different jobs Challenging stereotypes about the types of jobs people can do How we might choose a career when we are older
Y6	<p><u>How can we keep healthy as we grow?</u></p> <ul style="list-style-type: none"> How physical and mental health are linked Making healthy choices That habits can be healthy or unhealthy – balanced lifestyles That anyone can experience mental health issues How to recognise early signs of physical or mental ill-health and what to do about this How puberty relates to growing from childhood to adulthood 	<p><u>How can the media influence people?</u></p> <ul style="list-style-type: none"> How the media, including online experiences, can affect people's wellbeing Fake news and discrimination/stereotypes – gender – racism – disability - homophobia That not everything should be shared online or on social media, the rules around this and distributing of images - consent To recognise unsafe or suspicious content How information is ranked, selected, targeted to meet the interests of individuals & groups, & can be used to influence 	<p><u>What will change as we become more independent?</u></p> <p><u>How do friendships change as we grow?</u></p> <ul style="list-style-type: none"> That people have different kinds of relationships in their lives How growing up and becoming more independent comes with increased opportunities and responsibilities How friendships change as we grow and how to manage this Healthy and unhealthy relationships – gang culture – knife crime – county lines Managing change, moving to secondary school; how to ask for support or where to seek further information and advice regarding growing up and changing 			