

PSHE long-term overview

	Autumn		Spring		Summer	
Year 3	Me and My Relationships Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Valuing Difference Recognising and respecting diversity Being respectful and tolerant My community	Keeping Myself Safe Managing risk Decision-making skills Drugs and their risks Staying safe online	Rights and Responsibilities Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Being my Best Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Growing and Changing Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets
Year 4	Me and My Relationships Healthy relationships Listening to feelings Bullying Assertive skills	Valuing Difference Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Keeping Myself Safe Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety	Rights and Responsibilities Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Being my Best Having choices and making decisions about my health Taking care of my environment My skills and interests	Growing and Changing Body changes during puberty Managing difficult feelings Relationships including marriage
Year 5	Me and My Relationships Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Valuing Difference Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Keeping Myself Safe Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Rights and Responsibilities Rights and responsibilities Rights and responsibilities relating to my health Making a difference Decisions about lending, borrowing and spending	Being my Best Growing independence and taking responsibility Keeping myself healthy Media awareness and safety My community	Growing and Changing Managing difficult feelings Managing change How my feelings help keeping safe Getting help
Year 6	Me and My Relationships Assertiveness Cooperation Safe/unsafe touches Positive relationships	Valuing Difference Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	Keeping Myself Safe Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)	Rights and Responsibilities Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	Being my Best Aspirations and goal setting Managing risk Looking after my mental health	Growing and Changing Coping with changes Keeping safe Body Image Sex education Self-esteem