



PSHE Long Term Overview

	Autumn	Spring	Summer
EYFS	All About Me & My Relationships - Who am I? My family and special people - Recognising emotions - Making friends and playing together	Health & Wellbeing - Healthy routines: sleep, food, hygiene - Staying safe (people who help us, road safety) - Understanding feelings (kindness and commitment)	Living in the Wider World - Belonging to a community - Building friendships - Understanding different emotions
KS1 Cycle A	Relationships Families & friendships, Safe touch	Health & Wellbeing Healthy lifestyle, Hygiene, Feelings	Living in the Wider World Belonging, Rules, Rights
KS1 Cycle B	Relationships Respecting ourselves and others, Bullying	Health & Wellbeing Medicines, Staying safe, Mental health	Living in the Wider World Money, Jobs, Environment
Y3 Cycle A	Relationships Recognising healthy relationships, Managing conflict	Health & Wellbeing Diet, Exercise, Teeth, Mental wellbeing	Living in the Wider World Community & democracy, Digital literacy
Y4 Cycle B	Relationships Stereotypes, Respect & diversity	Health & Wellbeing Drugs (medicines/smoking), Managing risk	Living in the Wider World Money choices, Sustainability
Y5 Cycle A	Relationships Puberty, Consent (appropriate level), Positive relationships	Health & Wellbeing Mental health, Body image, Substance education	Living in the Wider World Media influence, Enterprise & Careers
Y6 Cycle B	Relationships Marriage, Online relationships, Peer pressure	Health & Wellbeing First aid, Healthy habits, Sleep & screen time	Living in the Wider World Law, Rights, Diversity & prejudice