PRIMARY PSHE EDUCATION: LONG-TERM OVERVIEW — THEMATIC MODEL

| | Autumn: Relationships | | | Spring: Living in the wider world | | | Summer: Health and Wellbeing | | |
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| | 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 coop- eratively; 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 infor- mation | What money is; needs and wants; looking after money | Why sleep is im- portant; 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 boundar- ies; safely respond- ing to others; the impact of hurtful behaviour | Recognising re- spectful behaviour; the importance of self-respect; courte- sy and being polite | The value of rules and laws; rights, freedoms and re- sponsibilities | How the internet is used; assessing information online | Different jobs and skills; job ste- reotypes; setting personal goals | Health choices and habits; what affects feelings; expressing feelings | Personal strengths and achievements; managing and re- framing setbacks | Risks and hazards; safety in the local environment and unfamiliar places |
| Year 4 | Positive friendships, including online | Responding to hurtful behaviour; managing confiden- tiality; recognising risks online | Respecting differ- ences and similari- ties; discussing dif- ference sensitively | What makes a community; shared responsibilities | How data is shared and used | Making decisions about money; using and keeping money safe | Maintaining a bal- anced lifestyle; oral hygiene and dental care | Physical and emo- tional changes in puberty; external genitalia; personal hygiene routines; support with pu- berty | Medicines and household products; drugs common to everyday life |
| Year 5 | Managing friend- ships and peer influence | Physical contact and feeling safe | Responding respect- fully to a wide range of people; recognis- ing prejudice and discrimination | Protecting the envi- ronment; compas- sion towards others | How information online is targeted; different media types, their role and impact | Identifying job inter- ests and aspirations; what influences career choices; workplace stereo- types | Healthy sleep habits; sun safety; medicines, vaccina- tions, immunisations and allergies | Personal identity; recognising individ- uality and different qualities; mental wellbeing | Keeping safe in different situations, including responding in emergencies, first aid and FGM |
| Year 6 | Attraction to others; romantic relation- ships; civil partner- ship and marriage | Recognising and managing pressure; consent in different situations | Expressing opin- ions and respecting other points of view, including discussing topical issues | Valuing diversity; challenging discrim- ination and stereo- types | 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 bereave- ment; managing time online | Human reproduc- tion and birth; increasing indepen- dence; managing transition | Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media |