

PSHRE - Long Term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1	Zones of Regulation/ Respecting ourselves and others	Family and Friendships / safe relationships	Living in the Wider World media literacy and digital resilience	Money and Work	Physical health and mental wellbeing	Growing and changing keeping safe
Y2	Zones of Regulation Health and Wellbeing Growing and changing - human life cycle (through Science unit)	Relationships Families and friendships Safe relationships Respecting ourselves and others	Living in the wider world Belonging in a community	Media literacy and Digital resilience Money and work	Health and Wellbeing Physical health and Mental wellbeing	Growing and changing - moving class or year Keeping safe
Y3	Zones of Regulation and Melva  <b>Families and friendships</b> What makes a family / features of family life.	Personal boundaries, safely responding to others; the impact of hurtful behaviour.  <b>Respecting ourselves and</b>	<b>Belonging to a community</b> <b>The value of rules and laws; rights, freedoms and responsibilities.</b>	<b>Media literacy and Digital resilience</b> How the internet is used; assessing information online.  <b>Money and Work</b>	Physical health and Mental wellbeing. Health choices and habits; what affects feelings; expressing feeling.	<b>Growing and changing</b> Personal strengths and achievements; managing and reframing setback  <b>Keeping safe</b> Risks and hazards; safety in the local

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		<p><b>others</b> Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</p>		<p>Different jobs and skills; job stereotypes; setting personal goal</p>		<p>environment and unfamiliar places.</p>
Y4	<p>Zones of Regulation and class rules</p> <p>Living in the wider world - Belonging to a group; role and responsibilities</p>	<p>Physical health and mental well-being -</p> <p>Medicines and keeping healthy, managing feelings and asking for help</p>	<p>Relationships families and friendships</p> <p>Making friends - feeling lonely and getting help</p> <p><u>Online</u></p> <p>Respecting ourselves and others</p> <p>Respecting things in common and differences</p> <p>Playing and working cooperatively</p> <p>Sharing opinions.</p>	<p>Living in the wider world</p> <p>Belonging to a community</p> <p>Media, Literacy and digital resilience</p> <p>Money and work</p>	MELVA	<p>Health and Wellbeing</p> <p>Growing and changing</p> <p>Keeping safe</p>

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Y5	<p><b>Relationships</b> Class values</p> <p>Zones of Regulation Safe relationships</p>	<p>Families and Friendships Respecting ourselves and others</p> <p>Oracy Promises</p>	<p><b>Living in the Wider World</b> Belonging to a community</p> <p>Media literacy and digital resilience</p>	<p>Money and work</p>	<p>MELVA The Quest for Barnabas Boggle</p> <p>Growing and changing</p>	<p>Physical and mental health</p> <p>Keeping safe</p>
Y6	<p>E - safety - Being internet kind/Celebrities online</p> <p><b>Keeping Safe</b> (part 1)</p> <p><b>Respecting ourselves and others</b> <i>Ongoing throughout the year.</i></p>	<p><b>Safe relationships</b></p>	<p>Physical health and well-being</p> <p>Belonging to a community</p>	<p>MELVA</p> <p><b>Families and friendships</b></p>	<p><b>Keeping safe</b> (part 2) (Science)</p> <p><b>Media literacy and Digital resilience</b></p>	<p><b>Growing and Changing</b> - puberty talk / transition</p> <p><b>Money and Work</b></p>