

JRS PSHE Long Term Overview

	Autumn: Relationships			Spring: Living in the wider world			Summer: Health and Wellbeing		
	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 Family life: Muhammed & Amina	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful Sign languages	What rules are; caring for others' needs; looking after the environment Rob and the beach	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community A beekeepers day	Keeping healthy; food and exercise; hygiene routines; sun safety Healthy eating	Recognising what makes them unique and special; feelings; managing when things go wrong Bedrooms around the world	How rules and age restrictions help us; keeping safe online
Year 2	Making friends; feeling lonely and getting help All the fun of the circus	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions How we spend free time	Belonging to a group; roles and responsibilities; being the same and different in the community Life on a Greek island Meet Jasmin	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help Health and hygiene Meet Sylvain	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies Visit the rainforest
Year 3	What makes a family; features of family life Diverse families (can extend by watching the films)	Personal boundaries; safely responding to others; the impact of hurtful behaviour Respectful disagreement	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite Multicultural London	The value of rules and laws; rights, freedoms and responsibilities Working children	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals Careers in space science	Health choices and habits; what affects feelings; expressing feelings Eyes on the ball	Personal strengths and achievements; managing and reframing setbacks Coping strategies	Risks and hazards; safety in the local environment and unfamiliar places
Year 4	Positive friendships, including online Youtube for good	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively Building a united world	What makes a community; shared responsibilities Compassion and community Meet Enaney	How data is shared and used Stay safe online	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care Health and hygiene	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty Wellbeing and loneliness	Medicines and household products; drugs common to everyday life

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Year 5	<p>Managing friendships and peer influence Challenging stereotypes</p>	<p>Physical contact and feeling safe Exploring play</p>	<p>Responding respectfully to a wide range of people; recognising prejudice and discrimination Intersectionality</p>	<p>Protecting the environment; compassion towards others Sustainability lesson sequence</p>	<p>How information online is targeted; different media types, their role and impact Technologies to change the world</p>	<p>Identifying job interests and aspirations; what influences career choices; workplace stereotypes Astronomy and STEM skills Olympic dreams</p>	<p>Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p>	<p>Personal identity; recognising individuality and different qualities; mental wellbeing Setting goals 1 Setting goals 2 Malahat's hopes and dreams</p>	<p>Keeping safe in different situations, including responding in emergencies, first aid and FGM Meet Pedro</p>
Year 6	<p>Attraction to others; romantic relationships; civil partnership and marriage Distractions and attractions</p>	<p>Recognising and managing pressure; consent in different situations Anna from Norway</p>	<p>Expressing opinions and respecting other points of view, including discussing topical issues Intercultural understanding</p>	<p>Valuing diversity; challenging discrimination and stereotypes Representation matters</p>	<p>Evaluating media sources; sharing things online Social media for positive change Stay safe online</p>	<p>Influences and attitudes to money; money and financial risks</p>	<p>What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online Loss, bereavement and change Wellbeing and loneliness</p>	<p>Human reproduction and birth; increasing independence; managing transition Transition sequence</p>	<p>Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p>