PGS PRIMARY PSHE EDUCATION: LONG-TERM OVERVIEW - THEMATIC MODEL

	Families and Friendships	Safe Relationships	Respecting Ourselves and Others	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe	Belonging to a Community	Media Literacy and Digital Resilience This unit is addressed in the Computing unit 'My Online Life'	Money and Work
EYFS	New Beginnings Class Charter Who cares for me? Taking turns and playing with others; Recognising and naming feelings Making up after falling out, managing angry feelings Roles of different people; families; feeling cared for	Say why someone is special to me. Recognise ways in which my family/carer is special. Recognise what I am good at from what others tell me. Show a willingness to care about others. Learn when to say "thank you" and "sorry".	Recognise that you are unique. Express your own likes, dislikes and preferences. Understands that we have lots of similarities and differences. Appreciate that others might think differently to us or believe in different things. Understand that bullying is something that happens again and again; and that it is not acceptable.	Learn and practise skills for maintaining hygiene. Learn about different food type- some healthy, some not. Aware that we need to drink, exercise and sleep to keep healthy. To speak to adults/ peers if they are worried.	RSE Name parts of the body, linked to their learning. Understand the idea of growing from young to old.	Make simple choices between activities, foods, etc. Know when I feel well or unwell. Identify dangers in pictures e.g. around the home. Shows awareness of keeping safe within the indoor and outdoor classroom.	We take care of our class environment. We show care and concern for our school environment. Recycle paper and plastic in my classroom.		I understand that everything cost money so we need to look after our resources. Transitions
Year 1	New Beginnings Class Charter Roles of different people; families; feeling cared for	Protective Behaviours - FGFS Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful Say No to Bullying	Keeping healthy; food and exercise; hygiene rules; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	Protective Behaviours - FGFS How rules and age restrictions help us; keeping safe online	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 Transitions
Year 2	New Beginnings Class Charter 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 cooperatively; sharing opinions Say No to Bullying	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	RSE Growing older; naming body parts;	Safety in different environment; risk and safety at home; emergencies	Belonging to a group; roles and responsibilities; being the same and different in a community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money
Year 3	New Beginnings Class Charter What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour Say No to Bullying	Recognising respectful behaviours; the importance of self- respect; courtesy and being polite	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	RSE Risks and hazards; safety in the local environment and unfamiliar places Healthier, Happier Safer Lives	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals Transitions

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Year 4	New Beginnings Class Charter Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising online risks Say No to Bullying	Respecting differences and similarities; discussing difference sensitively	Maintaining a balanced life style; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life	What makes community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe Transitions
Year 5	New Beginnings Class Charter Managing friendships and peer influence	Physical contact and feeling safe Say No to Bullying	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising Individuality and different qualities; mental wellbeing Recap puberty.	RSE Keeping safe in different situations, including responding in emergencies and first aid and FGM	Protecting the environment; compassion towards others	How information online is targeted; different media types; their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes Transitions
Year 6	New Beginnings Class Charter Attraction to others; romantic relationships; civil partnerships and marriage	Recognising and managing pressure; consent in different situations. Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Expressing opinions and respecting other points of view; including discussing topical issues	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing keeping healthy; food and exercise	RSE Human reproduction and birth; increasing independence; managing transitions; recognising what makes them unique Healthy routines, influences on health, puberty, unwanted contact, and FGM	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media	Valuing diversity; changing discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks