

# Primary PSHE Education: Long Term Overview (A)



	Autumn: Relationships			Spring: Living in the Wider World			Summer: Health and Wellbeing		
Unit:	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
Class 1	PSED - Making relationships	PSED - Managing feelings and behaviour	PSED - Managing feelings and behaviour	Understanding the world - people and communities	Understanding the world - Technology	Understanding the world - People and communities (occupations)	PD - Health and Self Care	PSED - SC and SA	PSED - Managing feelings and behaviour
No Outsiders	The Family Book		Blue Chamelon	You Choose		Everybody Welcome	Hello Hello		Red Rockets and Rainbow Jelly
Class 2	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
No Outsiders	The Great Big Book of Families		Can I join your club?	How To Be A Lion		Elmer	Errol's Garden		Going to the Volcano
Class 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	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	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
No Outsiders	Dogs Don't Do Ballet		Julian is a Mermaid	The Hueys in the New Jumper		Along Came a Different	When Sadness Comes		Red: A Crayon's Story
Class 4	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	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	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Keeping safe in different situations, including responding in emergencies and first aid
No Outsiders	Rose Blanche		Kenny Lives with Erica Martina	Mixed		The Island	How to Heal a Broken Wing		An Tango Makes Three