

# PRIMARY PSHE EDUCATION: LONG-TERM OVERVIEW – Manor Park Primary

	Autumn		Spring		Summer	
	Families & friendships	Money matters	Keeping safe	Ourselves & others	Keeping healthy	Body and mind
Year 1	<b>Who is special to us?</b> <ul style="list-style-type: none"> <li>Who is special in my life?</li> <li>My family</li> <li>Families can be different</li> </ul>	<b>What is money?</b> <ul style="list-style-type: none"> <li>What money is</li> <li>Sources of money</li> <li>Keeping money safe</li> </ul>	<b>Who helps to keep us safe?</b> <ul style="list-style-type: none"> <li>People who help us (safety)</li> <li>How to ask for help</li> <li>What to do in an emergency</li> </ul>	<b>What is the same and different about us?</b> <ul style="list-style-type: none"> <li>What makes us special?</li> <li>Similarities and differences</li> <li>Being polite and respectful</li> </ul>	<b>Who helps us be healthy?</b> <ul style="list-style-type: none"> <li>People who help us (health)</li> <li>Dentists and tooth brushing</li> <li>Doctors, nurses, pharmacists and medicines</li> </ul>	<b>What feelings do we have?</b> <ul style="list-style-type: none"> <li>Naming feelings</li> <li>Good and not-so-good feelings</li> <li>Managing 'big' feelings</li> <li>Change and loss</li> </ul>
Year 2	<b>What makes a good friend?</b> <ul style="list-style-type: none"> <li>What makes a good friend?</li> <li>How to make friends</li> <li>Asking for permission</li> </ul>	<b>What can we do with money?</b> <ul style="list-style-type: none"> <li>Needs and wants</li> <li>Choices with money</li> <li>What is a charity?</li> </ul>	<b>What helps keep us safe at home?</b> <ul style="list-style-type: none"> <li>Keeping safe at home</li> <li>Rules and age restrictions</li> <li>Online safety</li> </ul>	<b>How can we be kind?</b> <ul style="list-style-type: none"> <li>Kind and unkind behaviour</li> <li>What is bullying?</li> <li>Who to tell about bullying</li> </ul>	<b>What helps us be healthy?</b> <ul style="list-style-type: none"> <li>Hygiene routines</li> <li>Food and drink</li> <li>Sleep</li> <li>Sun safety</li> </ul>	<b>What do we need to learn about our bodies?</b> <ul style="list-style-type: none"> <li>Naming body parts</li> <li>NSPCC PANTS underwear rule</li> <li>Safe and unsafe secrets</li> </ul>
Year 3	<b>How can we be a good friend?</b> <ul style="list-style-type: none"> <li>Features of being a good friend</li> <li>Getting on and falling out</li> <li>Including others</li> </ul>	<b>What jobs do people do?</b> <ul style="list-style-type: none"> <li>Different jobs</li> <li>Skills and interests</li> <li>Future aspirations</li> </ul>	<b>What helps keep us safe outdoors?</b> <ul style="list-style-type: none"> <li>Road safety</li> <li>Water safety</li> <li>What to do if we get lost</li> </ul>	<b>What makes a community?</b> <ul style="list-style-type: none"> <li>Belonging to a community</li> <li>Valuing and welcoming others</li> <li>Politeness and courtesy to others</li> </ul>	<b>Why should we keep active?</b> <ul style="list-style-type: none"> <li>Benefits of regular activity</li> <li>Different types of physical activity</li> <li>Balancing time on different activities</li> </ul>	<b>How can we manage our feelings?</b> <ul style="list-style-type: none"> <li>Everyday feelings</li> <li>Expressing and managing feelings</li> <li>Change, loss and grief</li> </ul>
Year 4	<b>What are families like?</b> <ul style="list-style-type: none"> <li>Family life</li> <li>Valuing different families</li> <li>Family changes and challenges</li> </ul>	<b>How can we be money wise?</b> <ul style="list-style-type: none"> <li>Keeping track of money</li> <li>Spending and saving</li> <li>Value for money</li> </ul>	<b>How do we keep safe around medicines, drugs and alcohol?</b> <ul style="list-style-type: none"> <li>Medicines</li> <li>Smoking and alcohol</li> <li>Vaccinations and immunisations</li> </ul>	<b>What helps us succeed?</b> <ul style="list-style-type: none"> <li>Self-worth and self-esteem</li> <li>Setting goals</li> <li>Resilience and managing set-backs</li> </ul>	<b>What is a healthy balanced lifestyle?</b> <ul style="list-style-type: none"> <li>Healthy habits</li> <li>Planning healthy meals</li> <li>Benefits of being outdoors and sun safety</li> </ul>	<b>How will we grow and change?</b> <ul style="list-style-type: none"> <li>Introduction to puberty</li> <li>Menstruation</li> <li>Hygiene routines</li> <li>Emotions and feelings</li> </ul>
Year 5	<b>How can friends and families communicate safely online?</b> <ul style="list-style-type: none"> <li>Communicating together positively</li> <li>Online V face-to-face</li> <li>Sharing information online</li> </ul>	<b>What decisions can people make with money?</b> <ul style="list-style-type: none"> <li>Influences on spending</li> <li>Ways of paying and saving</li> <li>Risks associated with money</li> </ul>	<b>How can we help in an accident or emergency?</b> <ul style="list-style-type: none"> <li>What an emergency is</li> <li>How to call 999</li> <li>Basic first aid</li> </ul>	<b>How can we recognise and respect differences between people?</b> <ul style="list-style-type: none"> <li>Identity</li> <li>Challenging stereotypes</li> <li>Bullying and discrimination</li> </ul>	<b>What is a drug?</b> <ul style="list-style-type: none"> <li>How drugs affect health; the law</li> <li>Making healthy choices</li> <li>Media messages (smoking and alcohol)</li> </ul>	<b>How will we grow and change?</b> <ul style="list-style-type: none"> <li>Puberty – recap</li> <li>Menstruation and wet dreams</li> <li>Managing changes and becoming more independent</li> </ul>
Year 6	<b>How do friendships change as we grow?</b> <ul style="list-style-type: none"> <li>Friendships and feelings</li> <li>Respectful behaviour online</li> <li>Gender-based bullying</li> <li>Personal boundaries - safety</li> </ul>	<b>What jobs would we like?</b> <ul style="list-style-type: none"> <li>Jobs and careers</li> <li>Career pathways</li> <li>Future aspirations</li> </ul>	<b>How can we keep safe out and about?</b> <ul style="list-style-type: none"> <li>Road safety</li> <li>Rail safety</li> <li>Peer pressure</li> </ul>	<b>How does the media influence people?</b> <ul style="list-style-type: none"> <li>Managing feelings about the news</li> <li>Spotting fake news</li> <li>Understanding news is targeted</li> </ul>	<b>How can we keep our body and mind healthy as we grow?</b> <ul style="list-style-type: none"> <li>Physical and mental wellbeing</li> <li>Supporting good mental health</li> <li>Sleep strategies</li> </ul>	<b>What makes positive and healthy relationships?</b> <ul style="list-style-type: none"> <li>Positive and loving relationships</li> <li>How babies are made</li> </ul>
						<ul style="list-style-type: none"> <li>Moving to secondary school</li> </ul>

