

Key Stage 1 and 2 – Long Term Overview– PSHE – Town Close School									
Key -Relationships/Health and Wellbeing/Living in the wider world									
	Autumn				Spring			Summer	
	Belonging to a community	Respecting ourselves and others	Families and friendships	Safe relationships	Keeping safe	Media literacy and digital resilience	Growing and Changing	Physical health and Mental wellbeing	Money and work
	Establishing Class rules, School Council elections	Black History Month		(PANTS – Early Years and KS1)		Safer Internet Day – Childnet training biannually- additional to PSHE lessons	Year 6 Puberty Sessions with Dr Carroll – additional to PSHE lessons	Mental Health Awareness Week	Year 7/8 biannual Careers Event
Year 1	What rules are; caring for others' needs; looking after the environment	How behaviour affects others; being polite and respectful	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission, naming body parts	How rules and age restrictions help us; keeping safe online	Using the internet and digital devices; communicating online	Recognising what makes them unique and special; feelings; managing when things go wrong	Keeping healthy; food and exercise, hygiene routines; sun safety	Strengths and interests; jobs in the community
Year 2	Belonging to a group; roles and responsibilities; being the same and different in the community	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Safety in different environments; risk and safety at home; emergencies	The internet in everyday life; online content and information	Growing older; naming body parts; moving class or year group	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	What money is; needs and wants; looking after money

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Year 3	The value of rules and laws; rights, freedoms and responsibilities	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Risks and hazards; safety in the local environment and unfamiliar places	How the internet is used; assessing information online	Personal strengths and achievements; managing and reframing setbacks	Health choices and habits; what affects feelings; expressing feelings	Different jobs and skills; job stereotypes; setting personal goals
Year 4	What makes a community; shared responsibilities	Respecting differences and similarities; discussing difference sensitively	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Medicines and household products; drugs common to everyday life	How data is shared and used	(Y5) Personal identity; recognising individuality and different qualities; mental wellbeing	Maintaining a balanced lifestyle; oral hygiene and dental care	Making decisions about money; using and keeping money safe
Year 5	Protecting the environment; compassion towards others	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Managing friendships and peer influence	Physical contact and feeling safe	Keeping safe in different situations, including responding in emergencies, first aid	How information online is targeted; different media types, their role and impact	Increasing independence; mental wellbeing	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Identifying job interests and aspirations; what influences career choices; workplace stereotypes

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<b>Year 6</b>	Valuing diversity; challenging discrimination and stereotypes	Expressing opinions and respecting other points of view, including discussing topical issues	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Keeping personal information safe; regulations and choices; drug use media	Evaluating media sources; sharing things online	Human reproduction and birth; increasing independence.	What affects mental health and ways to take care of it; managing change, loss and bereavement	Influences and attitudes to money; money and financial risks

# Key Stage 3 – Long Term Overview– PSHE – Town Close School

Key -Relationships/Health and Wellbeing/Living in the wider world

<b>Year 7</b>	<p style="text-align: center;"><b>Values and UK politics</b></p> <p>Recognising, clarifying and challenging core values Setting realistic and challenging personal targets and goals British political parties</p>	<p style="text-align: center;"><b>Relationships</b></p> <p>The qualities and behaviours necessary for a wide variety of positive relationships Develop and rehearse the skills of teamwork The features of stable positive relationships versus imbalanced unhealthy relationships</p>	<p style="text-align: center;"><b>Health and Wellbeing</b></p> <p>The importance of taking increased responsibility for one’s own physical health and hygiene The benefits of physical activity, exercise and sleep The benefits of a balanced diet versus factors that may influence dietary choices The causes and triggers for unhealthy coping strategies such as self-harm and eating disorders</p>	<p style="text-align: center;"><b>Growing and changing: puberty</b></p> <p>Recap puberty changes and preparations Naming sexual organs Conception <b>Becoming aware of diverse sexuality and gender terms.</b></p>	<p style="text-align: center;"><b>Relationships</b></p> <p>The roles and responsibilities of parents, carers and children in families, including young carers Effects of change, including loss, separation, divorce and bereavement  <u>Different relationships, same love</u>  <u>Bullying and abuse</u></p>	<p style="text-align: center;"><b>Economic Wellbeing: careers</b></p> <p>Learn about the different employment categories/sectors <b>Reinforce the idea of equal opportunities</b> Learn about the factors that motivate people to work Relate their current strength and interests to future career aspirations</p>
<b>Year 8</b>	<p style="text-align: center;"><b>Influence of media and Substance use</b></p> <p>The media portrayal of young people and its impact on body image How identity is affected by the media and promoting a positive sense of self Factual information about legal and illegal substances and the positive and negative role of drugs in society The risks and consequences of substance use  <u>Y9 Media messages and body image</u></p>	<p style="text-align: center;"><b>Relationships</b></p> <p>How the media’s portrayal of relationships may not reflect real life Different types of relationships <b>The terms associated with sex, gender identity and sexual orientation including the unacceptability of prejudice-based bullying</b>  <u>Diversity in gender and sexuality</u></p>	<p style="text-align: center;"><b>Economic Wellbeing: Money</b></p> <p>Assess and manage risk in relation to financial decisions young people might make Pressures and influences in relation to gambling, including online Social and moral dilemmas about the use of money</p>	<p style="text-align: center;"><b>Relationships and Sex</b></p> <p>Understanding the expectations of having a boy/girlfriend The law in relation to consent and that consent is given freely and can be withdrawn at any time Recognising the portrayal of sex in the media and social media, the impact and law with regard to the sharing of explicit images and the unrealistic portrayal of relationships in pornography  <u>Sexting</u>  <u>Romantic and Sexual relationships</u>  <u>Y9 My body, my choice</u></p>	<p style="text-align: center;"><b>Economic Wellbeing: Careers</b></p> <p>Different roles and career pathways, clarifying early aspirations Enterprise skills.</p>	<p style="text-align: center;"><b>Moving forward</b></p> <p>Managing transitions Recognising personal strengths Factors that affect confidence and self-esteem Ways to recognise and reduce risks  <u>Peer support</u> Refer to <u>Y9 Self esteem</u></p>

