







PSHE Long Term Overview/Progression of Learning 2024

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE Themes	Me and My Relationships 	Valuing Difference 	Keeping Safe 	Rights and Respect 	Positive Self Beliefs 	Growing and Changing 
Reception	<ul style="list-style-type: none"> To identify families and people who care for me To know all about me What makes me special? Me and my special people Online relationships 	<ul style="list-style-type: none"> I'm Special, You're Special Same and Different I am caring I am a good friend Online bullying EYFS 	<ul style="list-style-type: none"> What's safe to go into my body Keeping myself safe Safe indoors and outdoors Listening to my feelings People who help keep me safe Safe adults 	<ul style="list-style-type: none"> Being kind to others Being helpful in the home and at school Caring for our world Looking after money (buying and selling/role-play) 	<ul style="list-style-type: none"> To bounce back after failure To have a go at something new. Putting healthy food into my body Moving my body A good night's sleep 	<ul style="list-style-type: none"> To identify the seasons To observe life stages in plants, animals, humans Babies grow into children, then teenagers, then adults Getting bigger/who will I be? My body and me
Year 1	<ul style="list-style-type: none"> To learn classroom rules To take turns To show how we listen to our teachers To identify good friends Tricky adults/safe adults online and offline Y1 	<ul style="list-style-type: none"> To know we have the freedom to choose for both boys and girls To identify what makes us unique To know our likes and dislikes To identify online bullying Y1 	<ul style="list-style-type: none"> Know what to do if you are hurt physically or feelings are hurt. To identify online harms and safety To know that girls and boys have the freedom to choose what they like/don't like Keeping safe near roads. Tricky adults/safe adults online and offline Y1 	<ul style="list-style-type: none"> Respecting others' personal space Saying sorry to others Know we have rights and we don't take them away from others 	<ul style="list-style-type: none"> To eat a rainbow of healthy food Being comfortable in our own skin/freedom of expression Being hygienic and washing hands etc. 	<ul style="list-style-type: none"> My body belongs to me/name body parts using correct terms for genitalia How will my body change as I grow? Where do babies come from? To know it's okay to say no To identify that we have private parts of our body (Pantosaurus) To identify good and bad touches (Pantosaurus song)

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Year 2	<ul style="list-style-type: none"> To identify special people to us To learn how to treat our class mates. To greet others :how are you feeling today? To identify tricky adults and safe adults online and offline Y2 	<ul style="list-style-type: none"> To express our feelings about different things. To respect others' choices To spend time with others in different groups and with different safe adults. (Flairs) To identify good manners. To identify online bullying Y3 	<ul style="list-style-type: none"> To know who to tell if you are worried about something. To learn the difference between social conflict and bullying. To keep safe near water. 	<ul style="list-style-type: none"> To know we have th right to personal space (Smartie Tube) Caring for our environment. To learn the value of money. 	<ul style="list-style-type: none"> To know the importance of brushing my teeth To identify what can my body do? To learn how to keeping clean, brushing hair, cleaning teeth. To own our mistakes and learn from them. 	<ul style="list-style-type: none"> To respect boundaries – my body, your body. To respect privacy and which secrets shouldn't be kept To recognise how we have grown and how our body changes.
Year 3	<ul style="list-style-type: none"> To know how to get help from safe adults. Learn what a loving relationship is. To show care and concern for others. To know the differences between natural conflict and bullying. To identify tricky adults and safe adults online and offline. 	<ul style="list-style-type: none"> To respect others' backgrounds, choices, beliefs. To know that girls and boys have the freedom to choose To spend time with others of different ages (Endeavours/Expeditions). Celebrate our differences Speak kindly to others (toothpaste story). 	<ul style="list-style-type: none"> To learn basic first aid (Endeavours) To keep safe near rail, road and water. To identify healthy and unhealthy risks including online. To learn to say no assertively. 	<ul style="list-style-type: none"> To learn the Edisford Code of Conduct by heart – right to learn, right to be respected, right to be safe. To volunteer help for others (People Skills Endeavour). To spend money wisely. 	<ul style="list-style-type: none"> To have a can-do attitude. Being independent and doing things for ourselves. Identifying things we are good at and things we need to work on (Points Sheets). To show Marvellous Manners. Own our mistakes and say sorry. 	<ul style="list-style-type: none"> To identify life cycles of different animals. To learn how our bodies change as we grow and that boys and girls are different. To learn what consent is and that our body belongs to us.

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Year 4	<ul style="list-style-type: none"> To work together with class mates to solve a problem. To know how to make the right choice inside and outside. Tricky adults and safe adults online and offline Y4. 	<ul style="list-style-type: none"> To accept others for who they are – it's okay to be different. Showing tolerance for others. Friends or acquaintances – what is the difference? 	<ul style="list-style-type: none"> To think before you click! Online risk. To identify dangers, risks and hazards and what to do. To know the law and social media – what age can I represent myself online? Know what to do if we are lost. 	<ul style="list-style-type: none"> To exercise democracy e.g. voting for others in Ambassador elections. Representing the school – good role models. How are laws made in Britain? Two sides to every story – The Maligned Wolf story. 	<ul style="list-style-type: none"> Being okay and not being okay – what is the difference? To persevere with hard challenges e.g. points sheet/Touching the Void story. What will I become? Jobs v type of person I'd like to be. Earning points for five characteristics areas. 	<p><u>Sex Education – Consent requested</u></p> <ul style="list-style-type: none"> How do humans reproduce?
Year 5	<ul style="list-style-type: none"> To identify healthy and unhealthy relationships. To learn how to act appropriately for our age. Tricky adults and safe adults/older teenagers online and offline Y5. 	<ul style="list-style-type: none"> To know that our families all look different and that's okay. To understand the pressures of being a girl and a boy and how to deal with them. To identify how we are the same but different – no one is quite like us. 	<ul style="list-style-type: none"> To learn wider first aid skills such as resuscitation. What different types of bullying are there and how do we deal with them? Vaping or smoking – the dangers and risks (English lung dissection). 	<ul style="list-style-type: none"> Understand that Britain is a democracy and we have British values (Ambassador Elections). Know the age we can vote (18years) and that women didn't always have the vote until 1928. Know the names of some Prime Ministers/famous leaders. 	<ul style="list-style-type: none"> Sticking to a budget (Endeavours People Skills/DT cooking) Keeping fit and healthy – what do we do? How to stay calm and manage our feelings. Working on area weakest at on Points Sheets. 	<p><u>Sex Education – Consent requested</u></p> <ul style="list-style-type: none"> Human and plant reproduction.

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Year 6	<ul style="list-style-type: none"> To identify peer pressure and how to deal with it. To resolve conflict and repair relationships. To stay safe as we become older and reach adolescence, both online and offline. 	<ul style="list-style-type: none"> To spend time in diverse company, trying new things and seeking new experiences. Accepting that it is okay to think and feel differently. Identifying extremes of opinion that might be harmful e.g. extremism 	<ul style="list-style-type: none"> To identify risky behaviour and safe behaviour. To know how to check if someone is breathing, how to perform CPR and other first aid. To recognise harmful language online and offline. 	<ul style="list-style-type: none"> To learn the term sexism and its effects and harms. Know how British law affects us and the age of criminal responsibility. Know what an MP is (member of Parliament elected by the constituency). 	<ul style="list-style-type: none"> To care for our mental health, nurturing a growth mindset. To try new hobbies, exercise often and nurture a good sleep routine. To perform onstage in a live production, confidently to a large audience. 	<div style="background-color: yellow; padding: 5px;"> <p><u>Sex Education – Consent requested</u></p> <ul style="list-style-type: none"> How are babies/human offspring conceived? Learn that our bodies change physically and functionally during puberty. </div> <ul style="list-style-type: none"> Learn what is meant by the terms gender and sexuality. Understanding that sending nude videos or pictures is illegal without consent and damages our reputation.