

	PSHE Overview					
	Autumn Term		Spring Term		Summer Term	
EYFS	Emotions and behaviours books The Family book- different families.	Emotions and behaviours books I love you blue kangaroo - healthy relationships	Hello, Hello - Healthy relationships Self regulation	Mummy, Mama and me Different families Keeping healthy	To say what you think Healthy choices	Red Rockets and Rainbow Jelly Being yourself Changes
Year 1	Emotions: How do I feel today? Communities: Who am I? Who are you?	Healthy relationships: Who's in my family?	Healthy relationships: What makes a good friend? Power in relationships: When do I feel safe?	Media influence: How do I decide what to do online? Our online lives: What should I do if I feel unsafe online?	Physical health: How can I look after my body? Staying safe and healthy: How can I look after my body?	Christopher Winters SRE
Year 2	Emotions: What helps me to be happy? Communities: Who is in my community?	Healthy relationships: What does a family look like?	Power in relationships: Should I keep secrets? Media influence: Is everything I see online true?	Our online lives: Who should I talk to online? Physical health: How do I eat a balanced diet?	Risky substances: How do I stay safe at home? Staying safe and healthy: How can I take responsibility for my health?	Healthy relationships: How can we stop bullying? Christopher Winters SRE
Year 3	Emotions: How can I manage my emotions? Communities: What does it mean to be British?	Healthy relationships: How can I help my family? Healthy relationships: Are friendships ever perfect?	Media influence: How do I keep myself safe online?	Our online lives: How can I be kind and happy online?	Physical health: How can I get active and eat well every day? Staying safe and healthy: How can I stay safe while out and about?	SRE: Christopher Winter

Year 4	Emotions: How can we add to our emotions toolkit? Communities: How are we all different?	Healthy relationships: Do all families look the same? Healthy relationships: Are all friends the same?	Power in relationships: What does a healthy relationship feel like?	Media influence: What is fake news? Our online lives: How do I decide who to trust online? Physical health: What makes a balanced lifestyle?	Staying safe and healthy: How do I avoid getting ill?	Christopher Winters SRE
Year 5	Emotions: How can we manage challenges? Communities: How can we ensure fairness and respect for women and girls?	Healthy relationships: Is there such a thing as a perfect family? Healthy relationships: How can I be a great friend?	Power in relationships: How do I get help if I don't feel safe? Media influence: Who decides what I experience in the online world?	Our online lives: How do I thrive online? Physical health: Is it hard to be healthy?	Risky substances: Why do people get addicted? Staying safe and healthy: How can I avoid harm?	Christopher Winters SRE
Year 6	Emotions: How can we manage our emotions through periods of change? Communities: How can we show respect to people of different races and cultures?	Healthy relationships: How can we live in harmony? Healthy relationships: How can we have healthy boundaries?	Power in relationships: What are my boundaries? Media influence: How do I decide what is true online?	Our online lives: What should I share online? Physical health: How do I plan a healthy week?	Risky substances: Why do people use alcohol and drugs? Staying safe and healthy: How can I save a life?	Puberty: What happens during adolescence? Christopher Winters SRE