	PSHE Overview					
	Autumn Term		Spring Term		Summer Term	
EYFS	Fabulous me - different families	Being Grateful, Building Relationships, Self Regulation	Kindness and Inclusion	Keeping healthy and different families	To say what you think and healthy choices	Being Yourself and Being safe
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?	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 Power in relationships: Should I keep secrets?

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**	**Healthy relationships: Is there such a thing as a perfect family?** **Healthy relationships: How**	**Power in relationships: How do I get help if I don't feel safe?** **Media influence: Who decides what I**	**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:**	**Christopher Winters SRE**

	women and girls?	**can I be a great friend?**	**experience in the online world?**		**How can I avoid harm?**	
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**

Protected Characteristics	
Disability	• anti-bullying work • PSHE and RSHE lessons • accessible learning environments • celebrating diversity • safeguarding procedures
Race	• anti-bullying work • PSHE and RSHE lessons • celebrating diversity

	• safeguarding procedures
Religion or belief	• celebrating diversity • Faith Days • safeguarding procedures
RSHE	• PSHE and RSHE lessons • celebrating diversity • safeguarding procedures
Sexual Orientation	• PSHE and RSHE lessons • celebrating diversity • safeguarding procedures
Gender Reassignment	• inclusive policies • anti-bullying work • celebrating diversity • safeguarding procedures