

Bicton CE Primary School and Nursery



PSHE Long Term Overview

- Our long-term plan takes a thematic approach, which enables collaboration and allows different classes/year groups to work on similar themes at the same time during the year. We also make links to topics in whole-school assemblies.
- We use a range of resources to deliver the PSHE curriculum. The planning resources from the PSHE Association are the main tool we use to support curriculum development. We also refer to the *Respect* scheme of work to support delivery of the RSE objectives.
- 'Picture News' is used along with BBC Newsround bulletins and other appropriate resources, to cover current issues and give children regular opportunities for discussion and to ask questions.
- Children have access to a range of reading books, both in classrooms and in the school lending library, to explore cross-curricular themes.
- Relevant teaching materials are used throughout the year and for a focus day theme to teach 'Prevent.'

Term	Autumn			Spring			Summer		
Core theme	Relationships Minimum of 10 lessons			Living in the wider world Minimum of 10 lessons			Health and Wellbeing Minimum of 10 lessons		
Topics	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission NSPCC visit	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment Global Recycling Day	Using the internet and digital devices; communicating online Safer Internet Day	Strengths and interests; jobs in the community	Keeping healthy; food and exercise; hygiene routines; sun safety Big Pedal Sun Awareness Week Walk to School Week	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour Anti-bullying week NSPCC visit	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information Safer Internet Day	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help Big Pedal Walk to School Week	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies Child Safety Week
Year 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour Anti-bullying week NSPCC visit	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online Safer Internet Day	Different jobs and skills; job stereotypes; setting personal goals National Careers Week	Health choices and habits; what affects feelings; expressing feelings Big Pedal Walk to School Week	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places Road Safety (autumn term)
Year 4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online Anti-bullying week NSPCC visit	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used Safer Internet Day	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care Big Pedal Walk to School Week National Smile Month	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life
Year 5	Managing friendships and peer influence	Physical contact and feeling safe Anti-bullying week NSPCC visit & workshop	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others Fairtrade Fortnight Global Recycling Day	How information online is targeted; different media types, their role and impact Safer Internet Day	Identifying job interests and aspirations; what influences career choices; workplace stereotypes National Careers Week	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies Allergy Awareness Week Sun Awareness Week Walk to School Week	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM Crucial Crew Child Safety Week
Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations Anti-bullying week NSPCC visit & workshop	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes LGBT History Month	Evaluating media sources; sharing things online Safer Internet Day	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online Mental Health Awareness Week Walk to School Week	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media Crucial Crew

Links to *Respect Yourself* teaching resources to be added.