

Frieth School PSHE: LONG-TERM OVERVIEW (Knowledge)

	Autumn: Relationships			Spring: Living in the wider world			Summer: Health and Wellbeing		
	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
KS1 Year 1	Roles of different people; families; feeling cared for R1, R2, R3, R4, R5	Recognising privacy; staying safe; seeking permission R10, R13, R15, R16, R17	How behaviour affects others; being polite and respectful R21, R22 Show Racism the Red Card	What rules are; caring for others' needs; looking after the environment L1, L2, L3	Using the internet and digital devices; communicating online L7, L2, L3	Strengths and interests; jobs in the community L7, L8	Keeping healthy; food and exercise, hygiene routines; sun safety H1, H2, H3, H5, H8, H9, H10	Recognising what makes them unique and special; feelings; managing when things go wrong H11, H12, H13, H14, H15, H21, H22, H23, H24	How rules and age restrictions help us; keeping safe online H28, H34
KS1 Year 2	Making friends; feeling lonely and getting help R6, R7, R8, R9, R24	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour R11, R12, R14, R18, R19, R20	Recognising things in common and differences; playing and working cooperatively; sharing Opinions R23, R24, R25 Show Racism the Red Card	Belonging to a group; roles and responsibilities; being the same and different in the Community L2, L4, L5, L6	The internet in everyday life; online content and information L8, L9	What money is; needs and wants; looking after money L10, L11, L12, L13, L15	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help H4, H6, H7, H16, H17, H18, H19, H20	Growing older; naming body parts; moving class or year H20, H25, H26, H27	Safety in different environments; risk and safety at home; emergencies H29, H30, H31, H32, H33, H35, H36, H37
KS2 Year 3	What makes a family; features of family life R1, R6, R7, R8, R9	Personal boundaries; safely responding to others; the impact of hurtful Behaviour R19, R22, R24, R30	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite R30, R31 Show Racism the Red Card	The value of rules and laws; rights, freedoms and responsibilities L1, L2, L3	How the internet is used; assessing information online L11, L12	Different jobs and skills; job stereotypes; setting personal goals L25, L26, L27, L30	Health choices and habits; what affects feelings; expressing feelings H1, H2, H3, H4, H6, H7, H17, H18, H19	Personal strengths and achievements; managing and reframing setbacks H27, H28, H29	Risks and hazards; safety in the local environment and unfamiliar places H38, H39, H40
KS2 Year 4	Positive friendships, including online R10, R11, R12, R13, R18	Responding to hurtful behaviour; managing confidence	Respecting differences and similarities; discussing differences	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money	Maintaining a balanced lifestyle; oral hygiene and dental	Physical and emotional changes in puberty; external	Medicines and household products; drugs common to

		tiality; recognising risks online R20, R23, R27, R28	ference sensitively R32, R33 Show Racism the Red Card	L4, L6, L7	L13, L 14	safe L17, L19, L20, L21	care H2, H5, H11	genitalia; personal hygiene routines; support with puberty H30, H31, H32, H34	everyday life H10, H38, H40, H46
KS2 Year5	Managing friendships and peer influence R14, R15, R16, R17, R18, R26	Physical contact and feeling safe R9, R25, R26, R27, R29	Responding respectfully to a wide range of people; recognising prejudice and discrimination R20,R21,R31, R33 Show Racism the Red Card	Protecting the environment; compassion towards others L4, L5, L19	How information online is targeted; different media types, their role and impact L12, L14	Identifying job interests and aspirations; what influences career choices; workplace stereotypes Types L27, L28, L29, L31, L32	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies H8, H9, H10, H12	Personal identity; recognising individuality and different qualities; mental wellbeing H16, H25, H26, H27	Keeping safe in different situations, including responding in emergencies, first aid and FGM H38, H43, H44, H45
KS2 Year6	Attraction to others; romantic relationships; civil partnership and marriage R1, R2, R3, R4, R5, R7	Recognising and managing pressure; consent in different situations R26, R28, R29	Expressing opinions and respecting other points of view, including discussing topical issues R30, R34 Show Racism the Red Card	Valuing diversity; challenging discrimination and stereotypes L8, L9, L10, L21	Evaluating media sources; sharing things online H37, L11, L13, L15, L16	Influences and attitudes to money; money and financial risks L18, L22, L23, L24	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online H13, H14, H15, H20, H21, H22, H23, H24	Human reproduction and birth; increasing independence; managing transition H24, H33, H35, H36	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media H37, H42, H46, H47, H48, H49, H50