



OUR PSHE OVERVIEW (PSHE Association)

Cycle A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Settling in – routines. School rules, routines and values.	Relationships (PolEd) How can adults help me at school? How can I be a good friend? How can I make other children feel happy? How can I play nicely with others?	Keeping Safe (PolEd) How can I keep safe at home? How can I keep safe at school? How can I play safely?	Understanding the Law (PolEd) What are consequences? What are rules? What can I do if I am feeling big emotions? Who are the police and how do they help us?	Wellbeing (PolEd) How can I be a germ buster? How does exercise help me? How does food help me?	Passport (PolEd) What are emotions? What is empathy? What is respect? What is resilience? What is risk? What is self worth?
KS1	Making friends: playing and learning together What makes a good friend? <i>Year 1</i>	Mental health and wellbeing What am I feeling? <i>Year 1</i>	Keeping safe online How can we keep safe online? <i>Year 2</i>	Money and work How do jobs earn us money? <i>Year 2</i>	Being healthy What keeps us healthy? <i>Year 1</i>	Safety at home How can we keep safe at home? <i>Year 2</i>
LKS2	Me, my friends and belonging What makes a good friend? <i>Year 3</i>	Mental health and wellbeing How can I manage my emotions? <i>Year 3</i>	Making choices online How do we make safe choices online? <i>Year 3</i>	Money matters and news literacy How can we make decisions about money and the news? <i>Year 4</i>	Building healthy habits How can we look after ourselves? <i>Year 3</i>	Me, my body and growing up How will we grow and change? <i>Year 4</i>
UKS2	Drug education: assessing risk and managing influences How can drugs commons to everyday life affect health? <i>Year 6</i>	Mental health and wellbeing How can we manage our emotions? <i>Year 5</i>	Safe connections online How can we keep ourselves safe online? <i>Year 5</i>	Managing money and online spending How can we make safe choices with our money online? <i>Year 6</i>	Embedding healthy habits and learning first aid How can we keep ourselves healthy and help others? <i>Year 5</i>	Looking to the future What choices can we make about our future? <i>Year 6</i>

Statutory RSHE	*PC* is a protected characteristic. These are protected by the Equality Act 2010 and are listed as: Age, disability, gender reassignment, marriage or civil partnership (in employment only), pregnancy and maternity, race, religion or belief, sex, sexual orientation
Economic wellbeing and careers	



OUR PSHE OVERVIEW (PSHE Association)

Cycle B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Settling in – routines. School rules, routines and values.	Relationships (PoEd) How can adults help me at school? How can I be a good friend? How can I make other children feel happy? How can I play nicely with others?	Keeping Safe (PoEd) How can I keep safe at home? How can I keep safe at school? How can I play safely?	Understanding the Law (PoEd) What are consequences? What are rules? What can I do if I am feeling big emotions? Who are the police and how do they help us?	Wellbeing (PoEd) How can I be a germ buster? How does exercise help me? How does food help me?	Passport (PoEd) What are emotions? What is empathy? What is respect? What is resilience? What is risk? What is self worth?
KS1	Celebrating me, you and our families What makes us different and special? <i>Year 1</i> *PC*	Mental health and wellbeing What are these feelings? <i>Year 2</i>	Me, my body and staying safe How am I growing? <i>Year 2</i>	Safety outside the home How can we stay safe outside? <i>Year 2</i>	Showing kindness to ourselves and others How can we be kind? <i>Year 1</i>	Looking back and moving on What have I achieved? <i>Year 2</i>
LKS2	Forming respectful relationships How can we treat our friends correctly? <i>Year 4</i>	Mental health and wellbeing How do we manage our emotions? <i>Year 4</i>	Ways to explore managing risk How can we keep ourselves safe? <i>Year 4</i>	Keeping safe out and about How do we stay safe in the community? <i>Year 3</i>	Looking out for each other How can I help others and myself? <i>Year 3</i>	Families and growing together What makes a family? <i>Year 4</i> *PC*
UKS2	Friendships, stereotypes and bullying What is a positive friendship? <i>Year 5</i> *PC*	Mental health and wellbeing How do I regulate my emotions? <i>Year 6</i>	Positively engaging with our world How can we positively engage with our world? <i>Year 5</i> *PC*	Developing our AI literacy How is AI in our world? <i>Year 6</i>	Respecting boundaries How do we respect boundaries? <i>Year 5</i>	Changes in puberty (and sex education) How do we change as we grow? <i>Year 6</i>

Statutory RSHE	*PC* is a protected characteristic. These are protected by the Equality Act 2010 are: Age, disability, gender reassignment, marriage or civil partnership (in employment only), pregnancy and maternity, race, religion or belief, sex, sexual orientation
Economic wellbeing and careers	