		Autumn: Relation	onships	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 & Personality Traits	Keeping safe
Yr1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission		What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community Setting goals	Keeping healthy; food and exercise, hygiene routines; sun safety.	Recognising what makes them unique and special; feelings; managing when things go wrong; Growth mindset -Patience -Kindness	How rules and age restrictions help us; keeping safe online
Yr2	Making friends; feeling lonely and getting help Recognising feelings	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working coop-eratively; sharing opinions; understanding disability	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and infor-mation	What money is; needs and wants; looking after money	Why sleep is im- portant; medicines and keeping healthy keeping teeth; healthy; managing feelings and asking for help	Growing older moving class or year -Perseverance -Self Control - Optimistic	Safety in different environments; risk and safety at home: emergencies
	What makes a family; features of family life Different types of bullying;, recognising that words hurt	Personal boundar- ies; safely respond- ing to others; the impact of hurtful behaviour; compliments	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and re- sponsibilities; how choices affect others	How the internet is used; assessing information online	Different jobs and skills; job ste- reotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and re- framing setbacks. -Trustworthy -Optimistic -Patience -Responsible	Risks and hazards; safety in the local environment and unfamiliar places
Yr4	Positive friendships, including online;	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differ- ences and similari- ties; discussing difference sensitively, including disability	What makes a community; shared responsibilities; working as a group; contribution to society	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a bal- anced lifestyle; oral hygiene and dental care	Personal hygiene routines. -Compassion -Tolerance -Courage -Growth mindset	Medicines and household products

BJPS PSHE EDUCATION: LONG-TERM OVERVIEW

Yr5	Managing friend- ships and peer influence	Physical contact and feeling safe	Responding respect- fully to a wide range of people; recognising prejudice and discrimination.	sion towards others	How information online is targeted; different media types, their role and impact	Identifying job inter- ests and aspirations; what influences career choices; workplace stereo- types; Dream job and how to get there	habits; sun safety; medicines, vaccina- tions, immunisations and allergies	Personal identity; recognising individ- uality and different qualities; mental wellbeing -Self -control -Honesty -Empathy -Optimistic	Keeping safe in different situations, including responding in emergencies, first aid
Yr6	Being a role model	Recognising and managing pressure; consent in different situations.	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrim- ination and stereo- types; making a difference in the world	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	health and ways to take care of it; managing change, loss and bereave- ment; managing time online	Physical and emo- tional changes in puberty; Increasing independence; managing transition -Love -Responsibility -Traits we need to go forward in our lives	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media