PSHRE OVERVIEW						
Year R	**Autumn**		**Spring**		**Summer**	
Topic title	**New Beginnings**	**Circle of Love**	**Staying safe**	**Squeaky Clean**	**Circle of Life**	**Same and Different**
Enquiry question	**What happens at school?**	**Who do I love?**	**How can I stay safe?**	**How do I fight against germs?**	**What is my growing journey?**	**What is the same? What is different?**
Key vocabulary	School, classroom, rules, kindness, sharing, friendship Listening, respect, helping belonging	Family, love, care, trust Pet, friendship, feelings Kindness, support relationship	Safety, hazard Emergency, firefighter Road, crossing, stranger trusted adult, hygiene protection	germs, hygiene, soap wash, clean, toothbrush dentist, bacteria, healthy, routine	Growth, change life cycle, baby child, adult, celebrate memory, future journey	Similar, different culture, language festival, religion community, tradition diversity, respect
Learning objectives	Starting school Following rules I give what I expect in return I love you for you A problem shared is a problem halved	Love for Pets	Make my home my castle Fire Burns! (Fire brigade) Stop look listen! (Road safety Crew) ***A new normal*** *Healthy hugs* *We're part of the same pond* *Glitter germs*	Squeaky clean Singing a song of soap Hidden Germs Brush your teeth (Dentist) Flush and Wash Germ invasion	My Growing Journey Let's roll with the changes The Circle of Life I'll always be with you Festival fun and Languages of the world combined Dress to impress	Food across the globe Home is where the heart is Religion is hope ***A new normal*** *Games apart* *Lockdown Heroes* *Super juice*

PSHRE OVERVIEW						
Year 1	**Autumn**		**Spring**		**Summer**	
Topic title	**Healthy relationships**	**Healthy Relationships and Communities**	**Communities and Online Safety**	**Online Safety**	**Emotional and Physical Wellbeing**	**Staying safe and healthy**
Enquiry question	**What makes family and friends special?**	**What makes me special, safe and cared for?**	**What helps us stay safe and make good choice?**	**How can I enjoy being online safely and responsibly?**	**How can I look after my mind and body?**	**How can I make safe and sensible choices?**
Key vocabulary	Family, Friend, Trust, Kindness, Caring, Respect, Helpful, Sharing, Different, Belonging	Safe, Family, Home, Caring, Trusted, Help, Unique, Similar, Respect, Belonging	Fairness, Respect, Rules, Safe, Trusted, Online, Private, Choice, Responsible, Worrying	Balancing, Online, Offline, Safe, Trusted, Private, Respectful, Responsible, Worries, Help	Emotion, Feelings, Happy, Sad, Angry, Worried, Calm, Sleep, Healthy, Wellbeing	Danger, Safety, Road, Sunburn, Emergency, Risk, Money, Saving, Spending, Value
Learning objectives	Explain why families are special Describe the roles people have in my family Describe different types of family structures Describe the features of a good friend Explain why trust is important in friends Explain how friends can be different Understand that friends can disagree	Describe where I feel safe and who I can talk to if I need help Describe my home and what makes it special Describe how I should feel with my family and cares Explain how to get help form trusted adults Describe ways in which I am different for those around me Describe the ways in which I am the same as those around me	Explain what fairness what means and treat other people with respect at school Explain how adults and rules keep us safe at school Describe what to do online if something worries or scares me Describe how to carefully share online Explain why being online too much is bad for me Explain what to do if I see videos that scare worry me online	Explain why balancing offline and online time is important Describe things that I like to do online Describe things that happen online and what should not be done online Describe how to stay safe online Explain how to seek help form a trusted adult with online worries	Describe basic human emotions Describe how basic emotions feel in my body Name the emotion I am feeling and explain why I feel that way How to respond positively when I feel an emotion Explain why sleep is important Explain how to look after my body	Describe danger sin the home Describe dangers outside the home Explain how to be safe near roads Describe how to keep my body safe from the sun Financial Education: Money has a value Understand the difference between saving and spending

PSHRE Overview						
Year 2	**Autumn**		**Spring**		**Summer**	
Topic title	**Relationships**	**Community**	**Online Safety**	**Wellbeing and staying healthy**	**Wellbeing and taking care of myself**	**Financial Education**
Enquiry question	**How can we show respect for ourselves, our families and other people?**	**How can we help everyone feel safe, happy and valued in our community?**	**How can we stay safe, kind and responsible when using the internet?**	**How can we look after our bodies and feelings to stay healthy and happy?**	**How can we keep ourselves safe, healthy and prepared for emergencies?**	**How can we make sensible choices with money?**
Key vocabulary	Family, Respect, Caring, Similarities, Differences, Private, Boundaries, Secret, Surprise, Trust	Culture, Community, Respect, Inclusion, Acceptance, Diversity, Welcome, Belonging, Equality, Valued	Online, Internet, Safe, Trusted, Private, Respectful, Kind, Sharing, Honest, Responsible	Emotion, Feelings, Happy, Sad, Worried, Change, Healthy, Balanced, Nutrition, Wellbeing	Emergency, Safety, Medicines, Chemicals, Germs, Hygiene, Trusted, Help, Risk, Hazard	Money, Coins, Notes, Spending, Saving, Choice, Value, Budget, Feelings, Earned
Learning objectives	Explain why families are important Describe and explain similarities between families Explain differences and similarities between families around the world. Describe which parts of my body are private. Describe the difference between secrets and surprises Explain why it is important to respect other people's bodies	Describe things different people need to feel safe and happy Describe how to make our school welcoming and inclusive Describe what culture means Describe roles of people in our community Explain how acceptance and celebration of difference helps my community	Describe how some things online are not real Explain why some people lie online and what to do if this happens to me Describe how to search the internet safely. Explain why it is important to be respectful online Explain who is safe to speak to online. Explain what we can share online and what to do if we share something by mistake.	Describe a range of emotions that humans feel. Identify what affects how I feel Explain how I can respond appropriately to a range of emotions. Explain change and how it makes us feel Explain why eating a range of foods is important Describe the food groups that are good for my body	Identify dangerous chemicals and items in my home. Explain how to stay safe around medicines in the home Describe how germs are spread. Describe what to do in an emergency	Explain where money comes from. Know the value of different coins Combine coins and notes to create different amounts Understand that money can create different feelings in different people Know that I can choose what to do with my own money

PSHRE OVERVIEW						
Year 3	**Autumn**		**Spring**		**Summer**	
Topic title	**Relationships**	**Community**	**Online Safety**	**Wellbeing and emotions**	**Wellbeing and dangers**	**Financial Education**
Enquiry question	**How can we build healthy and respectful relationships?**	**How can we make our community fair, respectful and democratic?**	**How can we stay safe, healthy and responsible when using technology?**	**How can we keep our bodies and minds healthy when facing challenges?**	**How can we recognise dangers and keep ourselves safe?**	**How can we use money wisely and responsibly?**
Key vocabulary	Relationships, Responsibility, Cooperation, Boundaries, Friendship, Conflict, Compromise, Support, Respect, Trust	Community, Democracy, Equality, Liberty, Law, Respect, Tolerance, Citizen, Values, Diversity	Screen Time, Technology, Personal Information, Appropriate, Inappropriate, Responsibility, Digital Footprint, Privacy, Influence, Wellbeing	Emotion, Conflict, Resilience, Challenge, Response, Wellbeing, Muscles, Skeleton, Strength, Positive Mindset	Hazard, Awareness, Risk, Water Safety, Railway Safety, Pedestrian, Responsibility, Emergency, Prevent, Cautious	Money, Income, Budget, Saving, Spending, Donation, Value, Responsibility, Choice, Finance
Learning objectives	Describe how healthy families treat each other Describe what roles and responsibilities people have at home Explain how to ask for help Describe how to be a good friend Describe strategies for repairing relationships after an argument Explain why personal boundaries are important	I can explain the fundamentals of British Values I can describe Democracy Explain why rules and laws are important Explain why individual liberty matters Explain how to show mutual respect towards people with different beliefs	Explain how to make healthy choices around screen time Know how to choose what to do and not to do online. Explain how to keep personal information safe Identify online images, questions and comments that are inappropriate Explain what to do if I am feeling uncomfortable online	Describe the differences between emotions Describe how I can respond to strong emotions Describe how to handle conflict positively Explain how bones and muscles make my body strong Describe how being active keeps my bones and muscles healthy	Describe the dangers around water and explain how to keep safe Describe the dangers around roads and explain how to stay safe Describe the dangers around railways and explain how to stay safe	Describe why we have money Describe where money can come from Explain how to keep track of your money Know when and how to give money Understand how money can make you feel

PSHRE OVERVIEW						
Year 4	**Autumn**		**Spring**		**Summer**	
Topic title	**Relationships**	**Relationships in our community**	**Online Safety**	**Wellbeing**	**Wellbeing and growing up**	**Financial Education**
Enquiry question	**How can we support ourselves and others through life's changes and challenges?**	**How can we challenge stereotypes and build positive relationships?**	**How can we be safe, smart and responsible online?**	**How can we build confidence, stay safe online and look after our wellbeing?**	**How can we make healthy choices to look after our bodies?**	**How can we make responsible choices as our bodies, feelings and responsibilities change?**
Key vocabulary	Family, Relationships, Bereavement, Grief, Support, Resilience, Differences, Similarities, Empathy, Community	Gender Stereotype, Equality, Inclusion, Respect, Peer Pressure, Influence, Sexism, Healthy Relationships, Confidence, Discrimination	Bias, Misinformation, Fake News, Reliable, Source, Identity, Privacy, Influence, Responsible, Critical Thinking	Self-Esteem, Confidence, Trustworthy, Communication, Wellbeing, Loneliness, Emotions, Resilience, Online Safety, Support Networks	Oral Hygiene, Hygiene, Anaphylaxis, Disease, Prevention, Healthy Choices, Wellbeing, Sleep, Nutrition, Infection	Puberty, Menstruation, Hygiene, Budgeting, Priorities, Needs, Wants, Spending, Financial Decisions, Responsibility
Learning objectives	Describe different types of families Explain some of the challenges families can face Explain the impact of death and how to cope with grief Describe different types of support and explain how you can other people who are struggling. Describe similarities and differences between myself and other people.	Describe what gender stereotypes are and why they are harmful Explain how to reduce sexism Explain how to create an inclusive environment Describe what a healthy family should feel. Like Describe how to deal with peer pressure Describe what unhealthy pressure from adults looks like	Describe ways to stay safe online Describe what bias is and its impacts on people Describe the effects of fake news Identify fake news and suggest why it is made. Explain who uses the internet and how it is difficult to tell who people are	Explain how to stay safe if I am communicating online Describe different ways to decide who to trust online Explain what self-esteem is and its effects. Explain what is like to feel down and lonely and what could make me feel that way Describe how to manage my emotions	Explain the importance of healthy teeth and how to maintain good oral hygiene Explain the importance of a good night's sleep Explain how to keep my body clean and healthy Explain how diseases are passed on and how to prevent spread Explain how to avoid sunburn and what to do in the case of anaphylaxis	Describe the changes that people go through during puberty Explain what menstruation is and how to manage it Explain how to stay clean during puberty Understand spending needs wants and priorities Know that I can plan what to do with a sum of money by budgeting Make informed decision about spending when playing games

PSHRE OVERVIEW						
Year 5	**Autumn**		**Spring**		**Summer**	
Topic title	**Relationships and family**	**Looking after our community**	**Online Safety**	**Wellbeing**	**Growing up**	**Financial Education**
Enquiry question	**How can we build and maintain healthy relationships as we grow and change?**	**How can we challenge unfairness and make our communities safer and more equal for everyone?**	**How can we make safe and responsible choices in the online world?**	**How can we look after our wellbeing when life feels challenging?**	**How can we make safe and healthy choices to protect ourselves and others?**	**What is priority spending?**
Key vocabulary	Relationships, Friendship, Peer Pressure, Boundaries Trust, Support, Conflict, Resolution, Resilience, Empowerment	Equality, Fairness, Stereotype, Discrimination, Rights, Respect, Gender, Opportunity, Inclusion, Advocacy	Algorithm, Influencer, Data, Personalisation, Privacy, Digital, Footprint, Content, Advertisement, Manipulation, Online Risk	Wellbeing, Lifestyle, Nutrition, Exercise, Addiction, Vaping, Smoking, Pressure, Balance, Healthy Choices	Hazard, Risk, Emergency, Fire Safety, First Aid, Prevention, Vaccination, Responsibility Safety Plan, Protection	Budget, Priority, Income, Expenditure, Saving, Borrowing, Lending, Consumer, Influence, Financial Decision
Learning objectives	Describe the complex range of identities that people in a family may have Describe why it is important for family members to respect each other's boundaries Describe how to build strong friendships Describe how to repair damaged friendships Explain why friends might change, describe how to end a friendship kindly	Explain why peer pressure is so powerful Describe situations where I might feel unsafe and explain how to be an active bystander Describe how women's lives have changed over time Describe examples of gender stereotypes Explain how society can make life better for women and girls in modern Britain	Describe the motivations of online influencers Describe how algorithms influence content Understand that my online actions have powerful consequences Describe how powerful shared data is in the online world. Identify the warning signs of unhealthy behaviour online	Explain that challenges look different for everyone Explain why all emotions are important Explain why I am feeling challenged Describe healthy choices and explain what a balanced week should look like Describe different ways people can look after their health Identify pressures people may feel about their appearance	Describe the health risks of smoking and vaping Describe what drug addiction is and how it affects people Identify common hazards Describe dangers related to fire and fireworks Describe how to report an emergency quickly and accurately	Describe the different emotions money can create Choose what to do with money Explain the difference between what I need, what I want and what others want me to buy Identify advertising and what the advertiser wants me to think Identify ways to keep my money safe

PSHRE OVERVIEW						
Year 6	**Autumn**		**Spring**		**Summer**	
Topic title	**Relationships**	**Community**	**Online Safety**	**Wellbeing on and offline**	**Wellbeing for myself and others**	**Financial Education**
Enquiry question	**How can we build healthy relationships while respecting ourselves and others?**	**How do British Values help create a diverse, fair and inclusive society?**	**How can we be responsible, critical and safe citizens in the online world?**	**How can we be responsible, critical and safe citizens in the online world?**	**How can we make informed choices to keep ourselves healthy, safe and prepared for emergencies?**	**How can we make responsible financial decisions that benefit ourselves, others and the wider world?**
Key vocabulary	Respect, Boundaries, Consent, Friendship, Inclusion, Commitment, Marriage, Civil Partnership, Peer Pressure, Harmony	Diversity, Culture, Racism, Equality, Discrimination, Windrush, Identity, Belonging, Inclusion, Heritage	Algorithm, Bias, Verification, Misinformation, Disinformation, Artificial Intelligence (AI), Echo Chamber, Reliable Source, Digital Citizen, Critical Thinking	Mental Health, Wellbeing, Transition, Resilience, Self-Awareness, Peer Pressure, Emotional Regulation, Discrimination, Coping Strategies	Puberty, Adolescence Physical, Changes, Emotional Changes, Hormones, Reproduction, Hygiene, Menstruation, Growth, Development	Budget, Enterprise, Income, Expenditure, Profit, Value for Money, Ethical Spending, Consumer, Savings, Financial Responsibility,
Learning objectives	Describe the features of healthy romantic relationships Explain why people choose to maintain romantic relationships, live together and get married Explain how to respect personal boundaries Describe tactics to maintain my boundaries Describe ways to say no respectfully Explain how to give consent or take consent back	Describe the many different characteristics that British people have. Describe different groups who have immigrated to Britain Explain who the Windrush generation were and how they contributed to Britain Explain what discrimination is and how the law protects against unfair treatment Explain why it is important to feel like we belong	Explain different reasons why people post online Explain why there are many fake and AI generated images online Explain how algorithms and human behaviour influence what we see online Explain how to analyse and verify information Explain the importance of accurate health information online	Explain the risks of sharing online Describe tactics for identifying and resisting peer pressure Describe where power comes from online Explain what to do if I experience or witness discrimination online Explain some emotions young people may feel about change and challenge Describe ways to look after my mental health.	Explain the importance of a balanced diet Explain how to stay active and why it is important Describe the effects and risks of alcohol Describe the risks of taking drugs Explain to perform basic first aid Describe the signs of a major head injury	Know who pays taxes to fund the services such as the NHS Plan and manage a budget Understand that value for money can mean the best deal for everyone or the best deal for me Make decisions between products and consider the environment and ethical way they have been produces Know that different cultures have different attitudes to money

British Values embedded through school	**Democracy**	**Rule of Law**	**Tolerance of those with different backgrounds and religious beliefs**	**Mutual Respect**	**Individual Liberty**
	Class voting for school council members School Council Head Boy, Head Girl House Captains Parental surveys and consultations	Behaviour policy Visits form police and fire brigade Class charters	Mother Tongue Week Anti-Bullying Week Learning about different faiths Visitors from different faiths Celebrating different religious festivals	Class Charters PSHRE School rules	Creativity through all subjects Extra-curricular activities Dojo system Anti-bullying E-safety