

PSHE and RSE at Pownall Green

Long Term Overview

Statutory RSHE

Economic wellbeing
and careers

	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
EYFS	Transitions	Healthy, positive relationships	Feelings and emotions	Healthy lifestyles	Looking after our world	Keeping safe Transitions
Year 1	Making friends: playing and learning together	Mental health and wellbeing	Celebrating me, you and our families	Safety at home	Being healthy	Showing kindness to ourselves and others
Year 2	Mental health and wellbeing	Keeping safe online	Me, my body and staying safe	Money and work	Safety outside of the home	Looking back and moving on
Year 3	Me, my friends and belonging	Mental health and wellbeing	Building healthy habits	Making choices online	Keeping safe out and about	Looking out for each other
Year 4	Mental health and wellbeing	Exploring ways to manage risk	Forming respectful relationships	Money matters and news literacy	Me, my body and growing up	Families and growing together
Year 5	Friendships, stereotypes and bullying	Mental health and wellbeing	Positively engaging with our world	Respecting boundaries	Safe connections online	Embedding healthy habits and learning first aid
Year 6	Mental health and wellbeing	Managing money and online spending	Changes in puberty (and sex education)	Drug education: assessing risk and managing influences	Developing our AI literacy	Looking to the future

Reception

Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
<i>Transitions</i> Transition and making friends The Golden Values What are rules? What are consequences?	<i>Healthy, positive relationships</i> Playing cooperatively Making friends Resolving conflict	<i>Feelings and emotions</i> <i>(Foundations for Wellbeing)</i> Finding out about feelings Finding focus Feel good thoughts and feelings From worrysaurus to bettersaurus Feeling tense, feeling calm	Healthy Lifestyles Healthy routines – keeping active Healthy routines – a balanced diet Healthy routines – keeping clean Healthy routines – sleep Healthy routines – screen time	Looking after our World Reduce, reuse, recycle Saving energy and water Nature and habitats Looking after our local area Animals and the world	Keeping safe and transitions How can I play safely? How can I keep safe at school? How can I keep safe at home? NSPCC – Let’s Talk Pants

Year 1

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Making friends: playing and learning together This unit explores how to listen, share, work cooperatively, and when and how to ask for permission. Pupils learn about friendship, including falling out and how to recognise bullying.	Mental health and wellbeing This unit supports pupils to notice and name different types of feelings and thoughts – and learn simple self-regulation strategies to manage them.	Celebrating me, you and our families This unit explores similarities and differences, as well as everyone's individuality. Pupils look at different families and how family members can show love and care for each other.	Safety at home This unit introduces pupils to hazard and risk in the context of the home. It explores strategies for staying safe, including in relation to household products and medicines.	Being healthy This unit teaches about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety.	Showing kindness to ourselves and others This unit revisits learning about feelings, and explores the importance of kindness.
Lesson 1 Ground rules Lesson 2 Learning and playing together Lesson 3 Let's be friends Lesson 4 Let's make up Lesson 5 Let's be kind Lesson 6 Consent: Asking for permission	Lesson 1 Noticing feelings Lesson 2 Distraction Lesson 3 Paying attention to pleasant feelings Lesson 4 Helpful and unhelpful thoughts Lesson 5 Reacting	Lesson 1 Personal identity: all different, all special Lesson 2 Belonging and community: sameness and difference Lesson 3 What makes a family? Lesson 4 Different families	Lesson 1 Keeping safe at home Lesson 2 Drug education: keeping safe Lesson 3 Drug education: keeping healthy Lesson 4 Drug education: Medicines and household products	Lesson 1 Keeping safe in the sun Lesson 2 Ready for sleep Lesson 3 Keeping healthy with food and drink Lesson 4 Looking after our teeth Lesson 5 The importance of handwashing	Lesson 1 Emotions Lesson 2 Kindness Lesson 3 Self-care

Year 2

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Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Mental health and wellbeing This unit builds on the learning in Year 1 by exploring a range of feelings and their intensity, and simple strategies to help manage them. The unit also introduces different kinds of change and loss (including bereavement)	Keeping safe online This unit explores how online content can impact feelings, and supports pupils to make safe choices about what they watch or share online (including the importance of not sharing personal information)	Me, my body and staying safe This unit explores how people change as they grow from young to old. Pupils are introduced to the names of the private body parts, including genitalia, and learn how the Talk PANTS rules can help keep children safe.	Money and work This unit examines people's different strengths and interests and what this means for the jobs they might choose. It explores what money is, how jobs can help people earn money and how to distinguish between needs and wants.	Keeping safe outside the home This unit builds on prior learning about risk through the context of road and rail safety. Pupils learn what an 'emergency' is and how to get help from an adult in an emergency, or call 999 themselves if they need to.	Looking back and moving on This unit is used to consolidate learning – celebrate achievements and prepare them for the transition to key stage 2.
Lesson 1 Noticing and naming feelings Lesson 2 Different distractions Lesson 3 Changing thoughts and feelings Lesson 4 Managing unhelpful thoughts Lesson 5 Reactions and responses Lesson 6 What happens when things change?	Lesson 1 Watching pictures Lesson 2 Sharing pictures Lesson 3 Playing games Lesson 4 Helping to make good viewing choices Lesson 5 Keeping viewing choices safe	Lesson 1 My special people Lesson 2 Growing up: the human life cycle Lesson 3 Everybody's body Lesson 4 PANTS power Lesson 5 More PANTS power	Lesson 1 Strengths and interests Lesson 2 Different jobs Lesson 3 What is money? Lesson 4 Money choices	Lesson 1 Crossing the road Lesson 2 Staying safe around railways Lesson 3 Emergencies Lesson 4 Caring for the environment	<i>Revisit the extension and embedding activities in Autumn 1 lessons</i> Lesson 6 Moving to a new class

Year 3

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Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Me, my friends and belonging This unit explores themes of personal identity and friendship. Pupils learn how to make others feel welcome and included.	Mental health and wellbeing Building on the learning in year 2, this unit develops pupils' bank of self-regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries.	Building healthy habits This unit develops pupils' understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity.	Making choices online This unit explores how to protect information online and make choices about online content, including understanding age ratings.	Keeping safe out and about This unit supports pupils to identify risk and keep safe in the sun, as well as around railways and water.	Looking out for each other This unit explores the basics of first aid, and revisits how to make an efficient call to the emergency services.
Lesson 1 Personal identity Lesson 2 What makes a good friend Lesson 3 Falling out with friends Lesson 4 Belonging to a community	Lesson 1 Exploring emotions Lesson 2 Understanding distraction Lesson 3 Managing thoughts and emotions Lesson 4 Managing worries Lesson 5 Managing responses	Lesson 1 Healthier eating and drinking habits Lesson 2 Healthier eating – choices and influences Lesson 3 Ready, set, cook! Lesson 4 Exploring dental health Lesson 5 Physical activity	Lesson 1 Creating and managing passwords Lesson 2 Protecting your devices Lesson 3 What can we watch? Lesson 4 Can we choose what to watch? Lesson 5 Paying to play	Lesson 1 Managing risk in the sun Lesson 2 Risks and keeping safe Lesson 3 Canals and rivers Lesson 4 Flood alert	Lesson 1 Allergies Lesson 2 Bites and stings Lesson 3 Calling for help <i>Revisit extension and embedding activities from Autumn 1.</i>

Year 4

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Mental health and wellbeing Building on the learning in year 3, this unit extends pupils' understanding of self-regulation strategies and explores factors that can support wellbeing.	Exploring ways to manage risk This unit explores assessing and managing risk in different contexts and the role that peer influence can play in personal safety.	Forming respectful relationships This unit supports pupils to respond appropriately to conflicts and bullying, and to understand the importance of kindness.	Money matters and news literacy This unit explores how attitudes and influences can impact decisions about money. It encourages pupils to critically engage with news stories and recognise how they might affect emotions.	Me, my body and growing up This unit focuses on the physical and emotional changes experienced during puberty, and build pupils' confidence in using the Talk PANTS rule to keep them safe.	Families and growing together This unit supports pupils' understanding of diverse family structures and how families can change.
Lesson 1 Describing emotions Lesson 2 Understanding internal and external distractions Lesson 3 Exploring different thinking habits Lesson 4 Different ways to manage worries Lesson 5 Strategies for calm Lesson 6 How do people manage change and loss?	Lesson 1 Firework safety Lesson 2 Keeping safe at home Lesson 3 Independently crossing the road Lesson 4 Exploring risk (in relation to gambling) Lesson 5 Medicines and household products Lesson 6 Smoking, vaping and alcohol	Lesson 1 Valuing friendships Lesson 2 Friendship challenges Lesson 3 What is bullying Lesson 4 Kindness	Lesson 1 How money is used Lesson 2 Making decisions about money Lesson 3 How news affects feelings Lesson 4 Fake or real news? Lesson 5 Questioning images in the news	Lesson 1 Time to change Lesson 2 Menstruation and wet dreams Lesson 3 Personal hygiene Lesson 4 Emotions and feelings Lesson 5 Building confidence	Lesson 1 Family relationships Lesson 2 Diverse families Lesson 3 Family changes Lesson 4 Marriage and partnership

Year 5

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Friendships, stereotypes and bullying This unit explores respectful relationships and what to do about bullying. Pupils learn how to recognise and challenge stereotypes and prejudiced or extreme views.	Mental health and wellbeing This unit revisits and builds on prior learning about mental health, exploring how different self-regulation strategies can help shift habitual thoughts and emotions, and support wellbeing.	Positively engaging with our world This unit examines healthy ways of engaging with news stories and the impact that climate change can have on emotions and wellbeing.	Respecting boundaries This unit explores personal boundaries, different types of touch, and how to respectfully ask, give or not give permission.	Safe connections This unit supports pupils to stay safe and manage risks if socialising online. It also touches on cybercrime.	Embedding healthy habits and learning first aid This unit supports pupils to recognise the benefits of healthy habits such as sun safety, regular exercise and goal setting. It also covers first aid.
Lesson 1 Including others Lesson 2 Positive and respectful friendships Lesson 3 Bullying and its impact Lesson 4 Challenging stereotypes Lesson 5 Addressing extremism	Lesson 1 Noticing and naming emotions Lesson 2 Directing attention and managing distractions Lesson 3 Changing thinking habits Lesson 4 Rumination and worry Lesson 5 Managing reactivity	Lesson 1 Managing feelings about the news Lesson 2 Spotting fake news Lesson 3 Understanding that news is targeted Lesson 4 Connecting with nature Lesson 5 Everyday actions Lesson 6 Doing it together	Lesson 1 Giving and seeking permission Lesson 2 Personal boundaries Lesson 3 Appropriate and inappropriate touch Lesson 4 How can the PANTS rule help us? Lesson 5	Lesson 1 Block him right good, Alfie! Lesson 2 Who's Magnus? Lesson 3 They have fans, we have friends Lesson 4 Respectful relationships Lesson 5 Socialising online Lesson 6 Making safe cyberchoices	Lesson 1 Sunguarding Lesson 2 Confident mover Lesson 3 Team player Lesson 4 Goal setter Lesson 5 First Aid – Asthma Lesson 6 First Aid – Head injuries

Year 6

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Mental health and wellbeing This unit revisits and builds on prior learning about mental health, helping pupils to explore strategies that support wellbeing – including in the context of the transition to secondary school.	Managing money and online spending This unit explore economic wellbeing and online financial harms (incorporating elements of statutory RSHE) – including targeted advertising and other influences on online spending.	Changes in puberty (<i>and sex education*</i>) This unit builds pupils’ understanding of how to manage the changes that occur during puberty, including increased independence and new sleep patterns.	Drug education: assessing risk and managing influences This unit covers legal and illegal drugs, and the risks and effects of legal and illegal drug use.	Developing our AI literacy This unit introduces different types of AI, including generative AI, and explores the opportunities, challenges and risks associated with its use.	Looking to the future This unit explores career-related learning (including different career pathways) and supports pupils to prepare for the transition to secondary school.
Lesson 1 Regulating emotions Lesson 2 Managing distraction Lesson 3 Developing positive thinking habits Lesson 4 Managing rumination and worry Lesson 5 Managing stress Lesson 6 How do people manage loss and support each other?	Lesson 1 Money and emotional wellbeing Lesson 2 Being a critical consumer Lesson 3 Chancing it! (risk in relation to gambling) Lesson 4 Spending influences Lesson 5 Wellbeing and support	Lesson 1 Puberty recap Lesson 2 Puberty – change and becoming independent Lesson 3 Positive, healthy relationships Lesson 4 How a baby is made Lesson 5 Getting a good night’s sleep	Lesson 1 Medicines Lesson 2 Legal and illegal drugs Lesson 3 Influences and pressure Lesson 4 Tobacco, vaping and alcohol in the media	Lesson 1 What is AI? Lesson 2 How does AI affect our rights? Lesson 3 What is an AI chatbot? Lesson 4 The impact of generative AI Lesson 5 The ethics of AI images Lesson 6 Pick your pics	Lesson 1 Job skills Lesson 2 Choosing a career Lesson 3 Career routes Lesson 4 Moving to secondary school