



Long Row Primary School PSHE Curriculum Overview 2024-26



	Autumn Term		Spring Term		Summer Term	
EYFS FS1 FS2	<u>Being safe</u> Be Ready, Be Safe, Be Respectful. Familiarise children with school rules and daily routines inc. PE & calm activities	<u>Bullying Matters</u> Forming cooperative relationships with children & adults Making healthy/safe choices: Road safety (keeping safe)	<u>Relationships</u> Making healthy/safe choices, including food	<u>Diversity Matters</u> Making healthy/safe choices, including teeth Similarities and differences	<u>Drug Education</u> Making healthy/safe choices: Active bodies	<u>Money Matters</u> (enterprise project) Transition & moving on
Year 1/2 Cycle A 2024-2025	<u>Keeping Safe</u> Rules, risks and what to do.	<u>Bullying Matters</u> Recognise kind and unkind behaviour Strategies for resolving arguments.	<u>Relationships</u> What makes a good friend. Ways their family is the same or different to others.	<u>Diversity Matters</u> Recognise difference and treating people with kindness Ways they are special	<u>Drug Education</u> Role of medicines and safety What to do when someone is ill	<u>Money Matters</u> Looking after money – saving and spending Strengths, talents and different jobs
Year 1/2 Cycle B 2025-2026	<u>Being Responsible</u> Rules in different situations Recognise people have different needs Managing waste	<u>Being Me</u> Recognise and share facts about themselves and their likes and dislikes Recognise how friends have similarities and differences How they belong to different groups	<u>Being Healthy</u> What being healthy means Simple hygiene and health routines	<u>Exploring Emotions</u> Describing and recognising different feelings Managing big feelings	<u>Changes</u> How loss and change can affect the way we think, feel and behave	<u>Growing Up</u> Recognise biological difference in body parts and privacy Understand the human life cycle Differences between surprises and secrets
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Year 3/4 Cycle A 2024-2025	<u>Keeping Safe</u> Rules and risks online, at home and in the community. Basic First Aid - asthma, bites and stings.	<u>Bullying Matters</u> Different types of bullying and roles within - what bullying is and isn't Consequences and strategies.	<u>Relationships</u> Healthy and unhealthy relationships Persuasion, influence and pressure	<u>Diversity Matters</u> Range of similarities and differences between people. Importance of self-respect and respect to others.	<u>Drug Education</u> Purposes medicines have Risks and consequence of misuse What to do in an emergency	<u>Money Matters</u> Attitudes, needs, wants and priorities Skills for the future
Year 3/4 Cycle B 2025-2026	<u>Being Responsible</u> Why rules and laws are important Basic human rights Climate change	<u>Being Me</u> What contributes to who you are and strengths and interests. Identify visible/invisible difference between people Recognise they belong in the community	<u>Being Healthy</u> Healthy lifestyles - healthy diet and exercise Impact on mental health Sun exposure risk	<u>Exploring Emotions</u> Widen vocabulary to describe feelings and their intensity What supports good mental and physical health	<u>Changes</u> Recognise change is a normal part of life Know who to talk to and how	<u>Growing Up</u> Physical and emotional changes in puberty Daily hygiene
	Autumn Term		Spring Term		Summer Term	
Year 5/6 Cycle A 2024-2025	<u>Keeping Safe</u> Predict, assess and manage risks online and offline. Basic First Aid - choking and bleeding	<u>Bullying Matters</u> Direct and indirect bullying Importance of and barriers to seeking support Impact and consequence of discrimination and bullying	<u>Relationships</u> Reflect on qualities in relationships. Strategies to resolve disputes and reconcile differences	<u>Diversity Matters</u> Diverse and fair communities Individuality, stereotypes and discrimination law	<u>Drug Education</u> Rules and laws Managing peer influence/approval	<u>Money Matters</u> Bank accounts and gambling Future careers Plus:



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			Stability and love.			Year 5 and 6 - puberty Year 6 - conception (see Growing Up unit in cycle B)
Year 5/6 Cycle B 2025-2026	<u>Being Responsible</u> How laws protect our rights Rights and responsibilities Compassion and celebrating diversity	<u>Being Me</u> Range of factors contributing to identity Express confidence in their talents and strengths Shared events and experiences create a stronger community	<u>Being Healthy</u> Things that effect physical and mental health Habits and routines Personal hygiene and sun safety	<u>Exploring Emotions</u> Varied vocabulary to talk about feelings and conflicting feelings Importance of care to mental health and wellbeing Strategies and behaviour to support	<u>Changes</u> Human life cycle - loss, bereavement and change Strategies to manage transitions, barriers and struggles.	<u>Growing Up</u> Puberty - including periods Importance of personal hygiene Consent Year 6 - conception

National Curriculum

Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. All schools should teach PSHE, drawing on good practice, and this expectation is outlined in the introduction to the proposed new national curriculum. PSHE is a non-statutory subject. To allow teachers the flexibility to deliver high-quality PSHE we consider it unnecessary to provide new standardised frameworks or programmes of study. PSHE can encompass many areas of study. Teachers are best placed to understand the needs of their pupils and do not need additional central prescription.

However, while we believe that it is for schools to tailor their local PSHE programme to reflect the needs of their pupils, we expect schools to use their PSHE education programme to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions. Schools should seek to use PSHE education to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle.

Relationships and sex education (RSE) is an important part of PSHE education. Relationships education is compulsory for all primary school pupils, and relationships and sex education (RSE) is compulsory for all secondary school pupils.

[Personal, social, health and economic \(PSHE\) education - GOV.UK \(www.gov.uk\)](https://www.gov.uk)