

PSHE (including RSE) Long Term Overviews for all Key Stages



Key Stages 1-2

Suggested age (for guidance only – stage of development is of prime consideration)	Autumn 1	Autumn 2	Spring 3	Spring 4	Summer 5	Summer 6
	Changing and growing	Self- Awareness	Self-care, support and Safety	Managing feelings	Healthy Lifestyles	The World I Live in
Age 4-6	What is safe touch? Introduce pupils to safe touch (e.g. during care routines or play)	Who is special to us? Pupils learn about family members and school staff who help them	Who can we trust? Explore who we can trust; and what makes something mine or yours	How do I feel? Help pupils identify feelings and how to express them	How do we keep well? Pupils learn about keeping well and what to do if they are hurt or feel unwell	Who is in our school? Pupils learn about similarities and differences within the school community
Age 6-7	How do we grow? Pupils learn about how people change from a baby to an adult as they grow	What can we do? Practice learning skills, including working with others and celebrating strengths	Who looks after us? Revisit people who look after us and the role they play in our lives	How can we manage our feelings? Introduce pupils to self-regulation and co-regulation strategies to manage their feelings	What do we eat? Introduce pupils to food choices and healthy food	What is community? Pupils learn about being part of a community, in school and beyond
Age 7-8	When can we touch? Pupils revisit touch, and differences between safe and unsafe touch	How do we treat others? Pupils explore kind and unkind behaviours among peers, and how to get help	What is being online? Introduce pupils to the uses of the internet in daily life	What are difficult feelings? Pupils explore difficult or unpleasant feelings and how to cope with them	How can we be active? Pupils explore a range of ways to be active and how it helps our bodies	What are online rules? Pupils learn about rules and how they protect us online
Age 8-9	How are relationships different? Pupils explore differences in their relationships with friends, family and others	How can we be friends? Pupils build skills for making and keeping friends, and managing disagreements	How can we be safe? Pupils explore how to be safe in the school and wider environment	What are these feelings? Revisit skills to identify more complex feelings as pupils get older or gain more understanding	How can we look after our bodies? Pupils build skills around hygiene routines, including sleep, dental health, personal hygiene	How can we help? Pupils explore ways to take care of plants, pets and the environment
Age 9-10	How am I changing? Pupils learn about the physical changes and how to manage these	Who do I care about? Pupils revisit and reflect on their closet relationships, with friends and family	What is private? Pupils explore public and private and who to trust with private things	How do we express emotions? Help pupils express a wider range of complex or difficult feelings	Why should we be healthy? Pupils explore the reasons for healthy eating and being active	How can we earn money? Pupils explore money, how it can be earned and spent, and jobs people do
Age 10-11	How do I feel about others? Pupils learn about the emotional changes of puberty and above love, romance and marriage	What have I achieved? Opportunity to celebrate success and skills learnt as pupils move towards the end of the primary phase	How can we be safe online? Pupils explore the risks online and how to stay safe when looking at online content	What is mental health? Moving beyond feelings to help pupils begin to understand the concept of mental health	What can I do to be well? Pupils build skills to look after their own health and well-being	How can we talk online? Pupils explore safe ways to communicate with others online

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Key Stages 3-5

Suggested age	Autumn 1	Autumn 2	Spring 3	Spring 4	Summer 5	Summer 6
	Changing and growing	Self- Awareness	Self-care, support and Safety	Managing feelings	Healthy Lifestyles	The World I Live in
Age 10-11 Age 16-19 (for guidance only – stage of development is of prime consideration)	Who are our friends? Pupils explore what makes a healthy friendship and how to make friends	How do we learn? Introduce pupils to skills for learning and how to get help from adults in school	What's public and private and who can help us? Pupils learn to navigate public and private spaces including what to do if feeling unwell in school	What is mental wellbeing? Pupils learn about strong feelings and how they can affect wellbeing	How can we keep healthy? Pupils learn how to stay healthy, including safe use of medicines	How can we care for our environment? Pupils explore why and how to protect the planet
	What is puberty? Pupils learn how to manage the changes in puberty	What makes us special? Pupils celebrate everyone's uniqueness and identify their own personal strengths	What is safe online contact? Pupils learn ways to safely communicate with others online, including what information is private	How do I feel about myself? Pupils learn skills to maintain self esteem and respond to unkind comments	What is body image? Pupils explore what affects body image as people get older	How can we buy things online? Pupils explore money and safe ways to spend online
	What is a healthy relationship? Pupils learn about healthy and unhealthy relationship behaviours	What is pressure? Pupils explore when people might be under pressure and how to respond or get help	What is gambling? Pupils explore the risks of gambling money	How do I feel about others? Pupils explore what romantic feelings are and situations involving attraction	What is a healthy lifestyle? Pupils rehearse skills for staying active and preparing healthy meals	What is equality? Pupils learn about people's rights and responsibilities in an equal and diverse society
	What is sexual intimacy? Pupils learn about sexually intimate relationships, including consent and contraception	What is prejudice? Pupils consider the protected characteristics and how to treat other fairly	What is personal space? Pupils learn how to assert their own and respect others personal space	How can I keep mentally well? Pupils revisit skills for emotional regulation and learn about mental health concerns	What can harm our bodies? Pupils recap the use of medicines and learn about harmful and illegal drugs	What risks are there online? Pupils learn how to manage online harms, including AI and sharing images
	What makes a parent? Pupils learn about committed relationships, including marriage and parenthood	How can we respond to pressure? Pupils revisit peer pressure and how to respond	How can I manage risk? Pupils learn how to respond to risky and emergency situations including first aid and medical concerns	What are romantic relationships like? Pupils explore what might shape out expectations of romantic relationships	Is it hard to stay healthy? Pupils consider challenges and build skills to maintain a healthy lifestyle with more independence	What is adulthood like? Pupils practice skills for managing money and for participating in work
	How can we look after our sexual health? Pupils learn about what can affect fertility and how to look after sexual health	What are we proud of? Pupils reflect on what they are proud of and rehearse skills for learning	What does power mean? Pupils learn about power in relationships, including harmful behaviours	How can I manage my feelings towards others? Pupils explore strong feelings and how they may have to manage these feelings	What are the laws about drugs? Pupils revisit illegal drugs, the harms they can cause and laws related to them	How can I live independently? Pupils learn about adult life, independent living and the online world