



2023-24 PSHE Topic Overview – Whole School

Relationships - Living in the Wider World - Health and Wellbeing - Transition - Awareness Events

		Autumn			Spring			Summer			
Transiti on		Families and friendships	Safe relationships	Respecting ourselves and others	Media literacy and digital resilience	Belonging to a community	Keeping safe	Physical health and Mental wellbeing	Growing and changing	Money and work	Transiti on
Year 3 Year 4 Year 5 Year 6	School Readiness	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite Antibullying Week	How the internet is used; assessing information online Safer Internet Day	The value of rules and laws; rights, freedoms and responsibilities	Risks and hazards; safety in the local environment and unfamiliar places	Health choices and habits; what affects feelings; expressing feelings Mental Health Awareness Week	Personal strengths and achievements; managing and reframing setbacks	Different jobs and skills; job stereotypes; setting personal goals Careers Week	Getting ready for next year International Friendship Day
		Positive friendships, including online World Mental Health Day	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively Antibullying Week	How data is shared and used Safer Internet Day	What makes a community; shared responsibilities	Medicines and household products; drugs common to everyday life	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Making decisions about money; using and keeping money safe Careers Week	
		Managing friendships and peer influence World Mental Health Day	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination Antibullying Week	How information online is targeted; different media types, their role and impact Safer Internet Day	Protecting the environment; compassion towards others Earth Day	Keeping safe in different situations, including responding in emergencies, first aid	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity recognising individuality and different qualities; mental wellbeing	Identifying job interests and aspirations; what influences career choices; workplace stereotypes Careers Week	
		Attraction to others; romantic relationships; civil partnership and marriage; legal age of marriage (18)	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues Antibullying Week	Evaluating media sources; sharing things online Safer Internet Day	Valuing diversity; challenging discrimination and stereotypes	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online Mental Health Awareness Week	Human reproduction and birth; increasing independence; managing transition	Influences and attitudes to money; money and financial risks Careers Week	
September	October	November	February	April	May	June	July				



Staff will also plan in additional PSHE lessons according to community/local/national/worldwide events as needed.