



Wilbury PSHE Overview - Composite Knowledge

Planning based on PSHE Association Planning

Living in the Wider World

Health & Wellbeing

Relationships

	Autumn 1. Families & Friendships 2. Safe Relationships 3. Respecting Ourselves & Others	Spring 1. Belonging to a Community 2. Media Literacy & Digital Resilience 3. Money & Work	Summer 1. Physical Health & Mental Wellbeing 2. Growing & Changing 3. Keeping Safe
EYFS	Show sensitivity to own and others needs (ELG Building Relationships)		
	Show an understanding of own feelings and those of others and begin to regulate behaviour accordingly (ELG Self-Regulation)		
	Manage own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices (ELG Managing Self)		
	Explore the reasons for rules, know right from wrong and behave accordingly (ELG Managing Self) Be aware of a range of jobs and roles in the community (Understanding the World)		
Y 1	1. Roles of different people; feeling cared for 2. Recognising privacy; seeking permission 3. How behaviour affects others; being polite & respectful	1. What rules are; caring for others' needs; looking after the environment 2. Using the internet & digital devices; communicating online 3. Strengths & interests; jobs in the community	1. Keeping healthy; food & exercise; hygiene routines; sun safety 2. Recognising what makes them unique & special; Feelings; managing when things go wrong 3. How rules & age restrictions help us; keeping safe online
Y 2	1. Making friends; feeling lonely and getting help 2. Managing secrets; resisting pressure and getting help; recognising hurtful behaviour 3. Recognising things in common and differences; playing and working cooperatively; sharing opinions	1. Belonging to a group; roles and responsibilities; being the same and different in the community 2. The internet in everyday life; online content and information 3. What money is; needs and wants; looking after money	1. Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help 2. Growing older; naming body parts; moving class or year 3. How rules and age restrictions help us; keeping safe online
Y 3	1. What makes a family; features of family life 2. Personal boundaries; safely responding to others; the impact of hurtful behaviour 3. Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	1. The value of rules and laws; rights, freedoms and responsibilities 2. How the internet is used; assessing information online 3. Different jobs and skills; job stereotypes; setting personal goals	1. Health choices and habits; what affects feelings; expressing feelings 2. Personal strengths and achievements; managing and reframing setbacks 3. Risks and hazards; safety in the local environment and unfamiliar places

Y 4	<ol style="list-style-type: none"> 1. Positive friendships, including online 2. Responding to hurtful behaviour; managing confidentiality; recognising risks online 3. Respecting differences and similarities; discussing difference sensitively 	<ol style="list-style-type: none"> 1. What makes a community; shared responsibilities 2. How data is shared and used 3. Making decisions about money; using and keeping money safe 	<ol style="list-style-type: none"> 1. Identify factors for a healthy lifestyle; what good health looks like; oral hygiene 2. Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty 3. Medicines and household products; drugs common to everyday life
Y 5	<ol style="list-style-type: none"> 1. Managing friendships and peer influence 2. Physical contact and feeling safe 3. Responding respectfully to a wide range of people; recognising prejudice and discrimination 	<ol style="list-style-type: none"> 1. Protecting the environment; compassion towards others 2. How information online is targeted; different media types, their role and impact 3. Identifying job interests and aspirations; what influences career choices; workplace stereotypes 	<ol style="list-style-type: none"> 1. Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies 2. Personal identity; recognising individuality and different qualities; mental wellbeing 3. Keeping safe in different situations, including responding in emergencies, first aid and FGM
Y 6	<ol style="list-style-type: none"> 1. Attraction to others; romantic relationships; civil partnership and marriage 2. Recognising and managing pressure; consent in different situations 3. Expressing opinions and respecting other points of view, including discussing topical issues 	<ol style="list-style-type: none"> 1. Valuing diversity; challenging discrimination and stereotypes 2. Evaluating media sources; sharing things online 3. Influences and attitudes to money; money and financial risks 	<ol style="list-style-type: none"> 1. Recognise physical & mental health are equally important; positive strategies for managing feelings; identify where they can find support 2. Transition to secondary school; responsibility of parents & carers 3. Identify when situations are risky/unsafe; basic first aid; how to respond in an emergency