

St Oswald's PSHE Long Term Overview

CYCLE A	Autumn: PSHE Association Living in the Wider World			Spring: PSHE Association Health and Wellbeing			Summer
	Belonging to a community	Media literacy and digital resilience	Money Literacy	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe	Ten: Ten Life to the Full
CLASS 3 EYFS/Year One One objectives and skills	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online	EYFS Modules 1 & 3
CLASS 4 Year One objectives and skills	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online	Key Stage 1 Modules 1 & 3
CLASS 5 Year Three objectives and skills	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places	Lower Key Stage 2 Modules 1 & 3 M1 - U2 <u>not</u> S3 & 4
CLASS 6 Year Four objectives and skills	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life	Lower Key Stage 2 Modules 2 & 3
CLASS 7 Year Five objectives and skills	Protecting the environment; Compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM	Upper Key Stage 2 Modules 1 & 3 M1 - all U1, M1 - U2 just S1 & 4, M1 - U3 just S1, 2 & 3, M1 - U4 just S1

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CYCLE B	Autumn: PSHE Association Living in the Wider World			Spring: PSHE Association Health and Wellbeing			Summer
	Belonging to a community	Media literacy and digital resilience	Money Literacy	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe	Ten:Ten Life to the Full
CLASS 3 EYFS/Year One Objectives and skills	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online	EYFS Modules 2 & 3
CLASS 4 Year Two Objectives and skills	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies	Key Stage 1 Modules 2 & 3
CLASS 5 Year Four Objectives and skills	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life	Lower Key Stage 2 Modules 2 & 3
CLASS 6 Year Five Objectives and skills	Protecting the environment; Compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM	Lower Key Stage 2 Modules 1 & 3 M1 - U2 S3 & 4 Year 5 only
CLASS 7 Year Six Objectives and skills	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media	Upper Key Stage 2 Modules 2 & 3 M1 - U2 just S2 & 3, M1 - U4 just S3