

APPENDIX 1- PRIMARY PSHE EDUCATION AT THE DOWNLEY SCHOOL: LONG-TERM OVERVIEW – THEMATIC MODEL

|        | Autumn: Relationships  |  |   | Spring: Living in the wider world  |  |  | Summer: Health and Wellbeing  |  |  |
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|        | Families and friendships   | Safe relationships   | Respecting ourselves and others   | Belonging to a community   | Media literacy and digital resilience  | Money and work   | Physical health and Mental wellbeing  | Keeping safe   | Growing and changing   |
| Year 1 | Roles of different people; families; feeling cared for                       | Recognising privacy; staying safe; seeking permission                                | How behaviour affects others; being polite and respectful   | 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  | How rules and age restrictions help us; keeping safe online  | Recognising what makes them unique and special; feelings; managing when things go wrong                        |
| Year 2 | Making friends; feeling lonely and getting help                              | Managing secrets; resisting pressure and getting help; recognising hurtful behaviour | Recognising things in common and differences; playing and working cooperatively; sharing opinions | Belonging to a group; roles and responsibilities; being the same and different in the same 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 | Safety in different environments; risk and safety at home; emergencies                                   | Growing older; naming body parts; moving class or year   |
| Year 3 | What makes a family; features of family life                                 | Personal boundaries; safely responding to others; the impact of hurtful behaviour    | Recognising re-respectful behaviour; the importance of self-respect; courtesy and being polite    | 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;  | Risks and hazards; safety in the local environment and unfamiliar places                                 | Personal strengths and achievements; managing and reframing setbacks   |
| Year 4 | Positive friendships, including online                                       | Responding to hurtful behaviour; managing confidentiality; recognising risks online  | Respecting differences and similarities; discussing difference sensitively                        | What makes a community; shared responsibilities  | How data is shared   | Making decisions about money; saving and keeping money safe                                      | Maintaining a balanced lifestyle; oral hygiene and dental care  | Medicines and household products: drugs common to everyday life  | Healthy sleep-habits; sun safety; medicines; vaccinations; immunisations and allergies                         |
| Year 5 | Managing friendships and peer influence                                      | Physical contact and feeling safe  | Responding respectfully to a wide range of people; recognising prejudice and discrimination       | 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 | Personal identity; recognising individuality and different qualities; mental wellbeing                              | Keeping safe in different situations, including responding in emergencies, first aid                     | Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty |
| Year 6 | Attraction to others; romantic relationships; civil partnership and marriage | Recognising and managing pressure; consent in different situations                   | Expressing opinions and respecting other points of view. Including discussing topical issues.     | 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 | Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media | Human reproduction and birth, increasing independence; managing transition; FGM                                |

