

Oakwood PSHE Long-term Overview **Relationships** Living in the wider world **Health and Wellbeing**

	Families, Friends and Community				Physical, Mental and Online Health		Growing and Changing- Keeping Safe- Money Matters		
1	Roles of different people; families; feeling cared for	Recognising privacy; feeling 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	Keeping healthy; food and exercise; hygiene routines	Strengths and interests; jobs in the community	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online; first aid; sun safety
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 community	The internet in everyday life; online content and information	Why sleep is important; medicines and keeping healthy; dental health; managing feelings	What money is; needs and wants; looking after money	Growing older, naming body parts; moving class	Safety in different environments; risk and safety at home; emergencies; first aid
3	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	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Health choices and habits; what affects feelings and expressing feelings	Different jobs and skills; job stereotypes; setting personal goals	Personal strengths and achievements; managing and re framing setbacks	Risks and hazards; safety in the local environment and unfamiliar places; first aid
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 responsibility	How data is shared and used	Puberty, physical and emotional changes; maintaining a balanced lifestyle; oral hygiene	Making decisions about money; using and keeping money safe	Importance of self worth; shared values and aspirations	Medicines and household products; drugs common to everyday life; first aid
5	Civil partnerships and marriage	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 Mental Health	Healthy sleep habits; sun safety; medicines, vaccinations; allergies	Human reproduction and birth; mental well being	Keeping safe in different situations including responding to emergencies; first aid
6	Attraction to others; romantic relationships	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting others viewpoints; discussing topical issues	Valuing diversity; challenging stereotypes and discrimination	Evaluating media sources; sharing things online	What affects mental health and ways to take care of it; managing time online; Keeping personal information safe Respect	Influences and attitudes to money; money and financial risk	Personal identity; recognising individuality and different; increasing independence and transition to secondary school	Managing change, loss and bereavement; regulations and choices; drug use and the law; drug use and the media; First aid