

PYRAMID SCHOOLS TRUST Y5&6 PSHE EDUCATION: LONG-TERM OVERVIEW

(adapted from PSHE Association Programme of Study)

	Autumn: Relationships			Spring: Living in the wider world			Summer: Health and Wellbeing		
	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	Growing and changing	Keeping safe
Y 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 stereo-types	- Healthy sleep habits; - sun safety; - medicines, vaccinations, immunisations and allergies	- Personal identity; recognising individuality and different qualities; - Mental wellbeing - emotional changes in puberty; external genitalia; personal hygiene routines;	Keeping safe in different situations, including responding in emergencies, first aid and FGM
Y 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 - UK Parliament & Human rights	- 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 ;	- Keeping personal information safe; - regulations and choices; - drug use and the law; - drug use and the media

PYRAMID SCHOOLS TRUST Y7&8 PSHE EDUCATION: LONG-TERM OVERVIEW

(adapted from PSHE Association Programme of Study)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y 7	Economic well being Saving, borrowing, budgeting and making financial choices	Careers Careers, teamwork and enterprise skills, and raising aspirations	Healthy Lifestyles Healthy routines, influences on health, puberty, unwanted contact, and FGM	Drugs, Alcohol and Substances	Relationship and Sex Education (RSE) and Health Education Building relationships Self-worth, romance and friendships (inc. online) and relationship boundaries	Friendships and diversity Diversity, prejudice, and bullying
Y 8	Mental Health & Wellbeing Mental health and emotional wellbeing, including body image and coping strategies Digital literacy Online safety, digital literacy, media reliability, and gambling hooks	Friendships & Managing influences Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	First Aid & Keeping Safe Drugs, Alcohol and Substance Alcohol and drug misuse and pressures relating to drug use	Careers Equality of opportunity in careers and life choices, and different types and patterns of work	Relationship and Sex Education (RSE) and Health Education Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Moving forward Managing transition