

CEDARS PRIMARY PSHE/HRE EDUCATION: LONG-TERM OVERVIEW — QUESTION-BASED

	Autumn 1 Class Rules/E-Safety	Autumn 2 Anti bullying/ Kindness	Spring 1 E-Safety/Keeping Safe	Spring 2 Rights of the Child/ Happy Families	Summer 1 E-Safety/Healthy Lifestyles	Summer 2 Transitions/Aspirations
Year 1	What is the same and different about us? What makes us special? Individuality. Ourselves and others.	Who helps to keep us safe? Different roles in the community. People who help us and keep us safe. ICT- safe searches/e-safety.	What can we do with money? What is money? Spending and saving. The difference between need and want. Keeping money safe.	Who is special to us? Groups we belong to: families, school, clubs etc. Different features of family life. Similarities and differences.	How can we look after each other and the world? Behaviours - kind and unkind. Responsibilities/environment. Managing change ICT- safe searches/e-safety.	What helps us stay healthy? Who helps us stay healthy? Medicines, hygiene, taking care of themselves. Brushing hair/ teeth etc)
Year 2	What jobs do people do? How jobs help people earn money. Range of different jobs and careers. Different strengths.	What is bullying? How words and actions make people feel. Unacceptable behaviours. How to respond to bullying - who to tell. ICT- 2blog safety	What helps us to stay safe? Rules and restrictions to keep us safe. Identify unsafe situations. Resisting pressure and removing self. ICT - spot trustworthy sites.	What helps us grow and stay healthy? Keeping your body healthy. Needs: food, drink, physical activity, sleep and rest.	What makes a good friend? How to make and keep friends being friendly and recognising loneliness. Resolving arguments with friends.	How do we recognise our feelings? Recognise, name and describe a range of feelings. How feelings affect us and how to manage them.
Year 3	What are families like? How families differ from each other. Special shared experiences - celebrations etc. Caring for each other.	Why should we keep active and sleep well? The benefits of regular physical exercise. Choices of activities. Benefits of sleep.	What strengths, skills and interests do we have? Recognising individual personal qualities. Self- esteem, setting goals, learning from mistakes. ICT- safe searches	How can we be a good friend? How friendships support wellbeing. Spotting loneliness and including others. Resolving disputes. ICT – communication	What keeps us safe? Recognising hazards and reducing risk. Online safety. Dealing with minor injuries and emergencies. (999)	What makes a community? Belonging to different groups and communities. Different groups and diversity. Community helping to make others feel included. Respect and tolerance.
Year 4	How can we manage our feelings? What affects our feelings. How to recognise and manage our feelings. How to access advice if needed.	How can our choices make a difference to others and the environment? Shared responsibility. Choices. Environment. Care and concern.	Why should we eat well and look after our teeth? Nutrition and benefits of foods. Good oral hygiene and dental care.	How do we treat each other with respect? Respectful behaviours - given and received. Privacy and 'international rights of the child'	How will we grow and change? How puberty affects emotions. Personal hygiene routines. Menstruation. ICT- Searching and online safety	How can we manage risk in different places? Recognise and manage risk. Keeping safe. Peer pressure and support (including online). Rules, restrictions and laws to keep people safe.
Year 5	What makes up a person's identity? British Values. Identity - similarities and differences. Stereotypes and attitudes to others.	How can friends communicate safely? Communication face to face and online. Positive online use. Sharing online and consent. What to do if worried/ how to get help.	What decisions can people make with money? Decisions about spending and sharing money. Value for money and what this means. Risks associated with money.	What jobs would we like? Know there is a broad range of jobs. Skills/ attribute/qualifications needed for certain jobs. What influences their decisions.	How can drugs common to everyday life affect health? Drugs - legal and illegal/ medicines, vape etc. Habit forming. Support available and preventing risks.	How will we grow and change? How can we help in an accident or emergency? Basic first aid. Emergencies and the emergency services. Puberty and changes. Emotions and personal hygiene.
Year 6	What will change as we become more independent? How do friendships change as we grow? Different types of relationships. Marriage and Civil Partnership. Reproduction, babies and how they need to be cared for.	How can the media influence people? Recognise suspicious content online, fake news. Making decisions about content. Appropriateness for age. Recognise risks and others viewpoints. How to respond and report.	How can we keep (Physically) healthy as we grow? How to make choices that support a healthy balanced lifestyle. Habits - creating good and breaking bad ones. Recognising early signs of ill health and what to do about it.	How can we keep (Mentally) healthy as we grow? How mental and physical health are linked. Positive friendships and wellbeing. Health problems can build up - recognise them and know what to do about them.	What will change as we become more independent? How do friendships change as we grow? Independence comes with increased opportunities and responsibilities. How friendships change over time.	How can the media influence people? How the media can affect people emotions and wellbeing. That not everything should be shared online. Mixed messages in the media and manipulated text/ images. Evaluate how reliable content is.