

The Crescent Primary School PSHE long term overview 2026-2027



Term	<u>Autumn</u>			<u>Spring</u>			<u>Summer</u>		
Core Theme	Health and Wellbeing (minimum 10 lessons)			Relationships (minimum 10 lessons)			Living in the Wider World (minimum 10 lessons)		
Topics	Growing and Changing	Healthy Lifestyles	Keeping Safe	Feelings and emotions	Healthy Relationships	Valuing Difference	Rights and Responsibilities	Environment	Money
Year 1	Recognising what they are good at Setting goals Change and loss and how it feels	What helps keep bodies healthy Hygiene routines	Keeping safe around the household products How to ask for help if you are worried about something	Recognising feelings in self and others Sharing feelings	Secrets and keeping safe Special people in our life	Respecting similarities and differences in others Sharing views and ideas	Everybody is unique in some ways and the same in same ways	Recycling Plastic pollution	Where does money come from? How to use money Saving and spending money
Year 2	Recognising what they are good at Setting goals Growing, changing and	Healthy choices Different feelings	Keeping safe in different situations How to ask for help if	Behaviour Bodies and feelings can be hurt	Listening to others and playing cooperatively Appropriate and	Respecting similarities and differences in others	Groups and communities that they belong to	Environment change Climate change/Global warming	Where money comes from Saving and spending money

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	becoming more independent	Managing feelings	they are worried Privacy in different contexts		inappropriate touch Teasing and bullying	Sharing views and ideas			Making choices Keeping track of money spent/saved
Year 3	Recognising what they are good at Setting goals Describing feelings/conflicting feelings and how to manage feelings	What makes a balanced diet Opportunities for making own choices with food What influences their food choices and habits	School rules on health and safety Basic emergency aid People who help them stay safe and healthy	Recognising feelings in others Responding to how others are feeling	Positive healthy relationships and friendships Maintaining friendships Actions have repercussions Working collaboratively	Recognising and responding to bullying	Discuss and debate health and wellbeing issues Being part of a community Who works in a community	Responsibilities Rights and duties	Enterprise - role of money

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Year 4	Recognising what they are good at Setting goals	What makes a balanced lifestyle and making choices Drugs - common to everyday life Hygiene and germs	How to keep safe in local area and online People who help them stay healthy and alive	Keeping something confidential or secret When to break a confidence Recognise and manage dares	Acceptable and unacceptable physical contact Solving disputes and conflicts amongst peers	Listen and respond effectively to people Share points of view	Discuss and debate health and wellbeing issues Appreciating difference and diversity in the UK and around world	Sustainability of the environment across the world	Role of money, managing money (saving and budgeting) What is meant by interest and loan
Year 5	Recognising what they are good at and setting goals and aspirations Intensity of feelings. Managing complex feelings	What positively and negatively affects health and wellbeing	Strategies for managing personal safety in the local environment Online safety including sharing of	Responding to feelings in others	Actions have consequences Working collaboratively. Negotiation and compromise -	Listening to others Raise concerns and challenges	Discuss and debate health and wellbeing Rules and laws - changing rules and laws	Different rights; responsibilities and duties	Importance of finance in people's lives Being a critical customer

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	Coping with change and transition and bereavement and grief	Making informed choices Benefits of a balanced diet Different influences on food	images and mobile phone safety		giving feedback		Anti-social behaviour Respecting and resolving differences		Looking after money Interest, loan, debt management, money and taxes
Year 6	Recognising what they are good at Setting goals	Images in the media and reality; how this can affect how people feel Risks and effects of drugs	Independence increased Keeping safe and influences on behaviour Resisting pressure	Confidentiality and when to break confidence Managing dares	Different types of relationships Positive and healthy relationships Maintaining relationships - recognising	Listening to others Raising concerns and challenge What makes people the same and different	Discuss and debate health and wellbeing issues Human rights Fake news - being critical of what is in the media and	How resources are allocated. Effect of this on individuals, communities and environment	Enterprise - Dragon's Den Managing money Budgeting



			Rights to protect their body and speaking out Where to get help and advice		when a relationship is unhealthy Acceptable and unacceptable physical touch Personal boundaries and right to privacy	Recognising and challenging stereotypes Discrimination and bullying	what they forward to others		
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