

## PSHE Long Term Overview – 2024/2025

Strands: ■ Healthy and Safer Lifestyles ■ Myself and My Relationships ■ Citizenship ■ Economic Wellbeing

YEAR A	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Foundation	<p><b>My Body and Growing Up</b> BGF</p> <p><b>Beginning and Belonging</b> BBF</p>	<p><b>Family and Friends (incl. anti-bullying week)</b> FFF</p>	<p><b>My Emotions</b> MEF</p>	<p><b>Me and My World</b> MWF</p>	<p><b>Keeping Safe (incl. Drug Education)</b> KSF</p>	<p><b>Healthy Lifestyles</b> HLF</p>
<p>Year 1 &amp; 2</p> <p>Year 3 &amp; 4</p> <p>Year 5 &amp; 6</p>	<p><b>Beginning and Belonging</b> BB 1 2 BB 3 4 BB 5 6</p>	<p><b>Anti-bullying week</b> YEARS 1-6</p> <p><b>Financial Capability</b> FC 6</p> <p><b>Relationships &amp; Sex Education</b> RS1 RS2 RS3 RS4 RS5</p>	<p><b>Financial Capability</b> FC 1 2 FC 3 4 FC 5</p> <p><b>Relationships &amp; Sex Education</b> RS6</p>	<p><b>Rights, Rules and Responsibilities</b> RR 1 2 RR 3 4 RR 5 6</p>	<p><b>Managing Safety and Risk</b> MSR 1 2 MSR 3 4 MSR 5 6</p>	<p><b>Healthy Lifestyles</b> HL 1 2 HL 3 4 HL 5 6</p>

Key Events:

7<sup>th</sup> October: ADHD Awareness (annual)

13<sup>th</sup> November -Anti-Bullying week (annual)

13<sup>th</sup> November: World Kindness Day (annual linked to anti-bullying week)

3<sup>rd</sup> February - Children's Mental Health Week (Annual)

6<sup>th</sup> February – Safer Internet Day (annual)

21<sup>st</sup> March – Down Syndrome Day (annual)

2<sup>nd</sup> April – World Autism Day (annual – celebrated closest date based on Easter holidays)