

		Queen Eleanor's Junior School			Long Term Overview		PSHE and RSE		
Term		Autumn			Spring		Summer		
Theme		Health and Wellbeing			Relationships		Living in the Wider World		
Topics		Health and Wellbeing	Safety and changing body		Family and Relationships		Citizenship	Economic Wellbeing	
Year 3	Ground rules lesson	My healthy diary, relaxation, wonderful me, my superpowers, resilience: breaking down barriers, diet and dental health (7 lessons)	First aid: emergencies and calling for help, first aid: bites and stings, be kind online, cyberbullying, fake emails, making choices, influences, keeping safe out and about (8 lessons)		Healthy families, friendship conflict, conflict vs bullying, effective communication, learning who to trust, respecting differences in others, stereotyping: gender, stereotyping: age (8 lessons)		Rights of the child, rights and responsibilities, recycling, local community groups, charity, local democracy, rules (7 lessons)	Ways of paying, budgeting, how spending affects others, impact of spending, jobs and careers, gender and careers (6 lessons)	Transition lesson
		Health and Wellbeing	Safety and changing body		Families and Relationships		Citizenship	Economic Wellbeing	
Year 4	Ground rules lesson	Looking after our teeth, relaxation, celebrating mistakes, meaning and purpose: my role, my happiness, emotions, mental health (7 lessons)	Internet safety: age restrictions, share aware, first aid: asthma, privacy and secrecy, consuming information online, growing up, introducing puberty, tobacco (8 lessons)		Respect and manners, healthy friendships, how my behaviour affects others, bullying, stereotypes: gender, stereotypes: disability, families in the wider world, change and loss (8 lessons)		What are human rights?, caring for the environment, community, contributing, diverse communities, local councillors (6 lessons)	Spending choices, keeping track of money, looking after money, career choices, changing job (5 lessons)	Transition lesson
		Health and Wellbeing	Safety and changing body		Families and Relationships		Citizenship	Economic Wellbeing	
Year 5	Ground rules lesson	Relaxation, importance of rest, embracing failure, going for goals, taking responsibility for my feelings, healthy meals, sun safety (7 lessons)	Puberty, menstruation, emotional changes in puberty (3 lessons)	Online friendships, staying safe online, First Aid: bleeding, alcohol, drugs and tobacco (4 lessons)	Build a friend, friendship skills, marriage, respecting myself, family life, bullying, gender stereotypes (8 lessons)		Breaking the law, rights and responsibilities, contributing to the community, pressure groups, parliament, protecting the planet	Borrowing, income and expenditure, risks with money, prioritising spending, stereotypes in the workplace	Transition lesson
		Health and Wellbeing	Safety and changing body		Families and Relationships		Citizenship and environment	Economic Wellbeing	
Year 6	Ground rules lesson	Relaxation, taking responsibility for my health, impact of technology on my health, immunisation, What can I be?, resilience toolbox, good and bad habits, physical health concerns (8 lessons)	Alcohol, digital consumers, social media, physical and emotional changes in puberty, conception, pregnancy and birth, first aid: choking, first aid: basic life support (8 lessons)		Identity, gender identify, identity and body image (3 lessons)	Respect, respectful relationships, Stereotypes: attitudes, challenging stereotypes, resolving conflict, change and loss (6 lessons)	Human rights, caring for others, prejudice and discrimination, valuing diversity, national democracy, food choices and the environment (6 lessons)	Attitudes towards money, keeping money safe, gambling, what jobs are available?, career routes (5 lessons)	Transition activities – Smart Moves booklets