



Long term planning overview - P.S.H.E.



2022 to 2023

Caring, Learning, Growing.

	AUTUMN			SPRING / SUMMER					
	Relationships			Living in the wider world			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
Y3	What makes a family; features of family life Friendship Week (November)	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite <i>Staying safe – Bonfire night & Halloween</i>	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievement s; managing and reframing setbacks PANTS	Risks and hazards; safety in the local environment and unfamiliar places