



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
Y4	Positive friendships, including online <i>Friendship Week</i>	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively <i>Staying safe – Bonfire night & Halloween</i>	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty PANTS	Medicines and household products; drugs common to everyday life