



**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
Y5	Managing friendships and peer influence  <i>Friendship Week</i>	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination  <i>Staying safe – Bonfire night &amp; Halloween</i>	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing  PANTS	Keeping safe in different situations, including responding in emergencies, first aid and FGM