



Happy, Healthy and Fulfilled
Easington C of E Primary School
PSHE/RSE – Long Term Overview



EYFS	Special Relationships (Kapow) - My family - Special people - Sharing - I am unique - My interests - Similarities and differences	My Family and Friends (Kapow) - Festivals - Sharing - What makes a good friend? - Being a good friend - Teamwork - Celebrating friendships	My Feelings (Kapow) - Identifying my feelings - Feelings jars - Coping strategies - Describing feelings - Facial expressions - Creating a calm corner -	Listening and Following Instructions (Kapow) - Simon says - Listening to a story - Pass the whisper - Obstacle races - Blindfold walk - Treasure hunt	My Wellbeing (Kapow) - What is exercise? - Yoga and relaxation - Looking after ourselves - Being a safe pedestrian - Eating healthily - A rainbow of food	People Around Us
	6	6	6	6	6	6



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Y1	Families (3) - What makes a family? - Different families Learning and Playing Together (1) - How can we learn and play together Friendship and Bullying (3) - Let's be friends - Let's make up - Let's be kind	Foundations for Well-being (5) - Noticing Feelings - Distraction - Paying attention to pleasant feelings - Helpful and unhelpful thoughts - Reacting Safety (Kapow) Adults in School Adults outside School	Dental Health (1) - Looking after our teeth Sleep (1) - Ready for sleep Health (Kapow) - People who help us stay healthy - Hand-washing and personal hygiene - Making an emergency phone call	Sun safety (1) - Keeping Safe in the Sun Environment (2) - Everybody is responsible - People and jobs Road + Rail (2) - Road safety - Rail safety	Economic Well-being (Kapow) - Jobs in school - Jobs out of school - Gender stereotypes - What is money - Keeping money safe	No Outsiders: Proud to be Me
	7	7	5	5	5	7



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Y2	Embracing change (1) - Moving to a new class Changing and Growing up (3) - Special people - Growing up – life cycle - Everybody's body Belonging and Community (1) - Sameness and difference Personal Identify (1) - All different, all special	Foundations for Well-being (5) - Noticing and naming feelings - Different distractions - Changing thoughts and feelings - Managing unhelpful thoughts - Reactions and responses Change, loss, grief – (1) - What happens when things change?	Health (2) - Keeping Healthy with food and drink - Keeping healthy with physical activity Drugs (3) - Keeping safe - Keeping Healthy - Medicines and household products Keeping Safe at home (1) - Keeping safe at Home	Safety (Kapow) - Intro to the internet - Communicating online - My private parts - Safe/Unsafe touches - Respecting personal boundaries	Economic Well-being (Kapow) - Where does money come from - Exploring needs - Exploring wants - Bank cards and accounts - My skills and talents	No Outsiders: Being different
	6	6	6	5	5	7



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Y3/4	Families (3) - Family relationships - Diverse families - Family changes Changing and Growing Up (2) - What makes a good friend? - Falling out with friends? Friendship and Bullying (3) - Valuing friendships - Friendship challenges - What is bullying?	Foundations for Well-being (5) - Exploring Emotions - Understanding distractions - Managing thoughts and emotions - Managing worries - Managing responses Belonging and Community (1) - Belonging to a community Change, loss, grief (1) - How do people manage change and loss?	Dental Health (1) - Exploring dental health Health (4) - Healthier eating habits - Healthier eating choices and influences - Ready, set, cook! - Let's get active - Balanced lifestyles Drugs (2) - Medicines and household products - Smoking, Vaping and alcohol	Water Safety (2) - Canals and Rivers - Flood Alert Sun Safety (1) - Keeping Safe in the Sun Road and Rail Safety (2) - Road safety - Rail safety	Careers: - What careers do people have? - Can anyone be anything? - What influences career choices - Why make a career change - How can workplace stereotypes be challenged?	No Outsiders: Discrimination and Difference
	8	7	7	5	5	7



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Y4/5	Changing and Growing Up (4) - Time to change - Menstruation and wet dreams - Personal hygiene - Emotions and Feelings Friendship and Bullying (3) - Including others - Positive and respectful friendships - Bullying and its impact Belonging and Community (1) - Challenging Stereotypes	Fireworks Safety (1) - Firework safety Foundations for Well-being (5) - Describing emotions - Managing internal and external distractions - Exploring different thinking habits - Different ways to manage worries - Strategies for calm	Drugs (4) - Medicines - Legal and illegal drugs - Influences and Pressure - Tobacco, vaping and alcohol in the media Gambling (2) - Exploring risk - Chancing it Sleep (1) - Getting a good night's sleep	Keeping Safe at home (1) - Keeping safe at home First Aid (Kapow) - Asthma - Bleeding and Head injuries - Choking - Basic Life support	Money and Well-being (2) - How is money used? - Making decisions about money Money (Kapow): - Weekly budget - Borrowing/Loaning - Risks of handling money online	No Outsiders: Acceptance
	8	6	7	5	2	7



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Y6	Personal Identify (1) - Personal Identity - Identity and body image - Social media Changing and Growing Up (4) - Puberty - Change and becoming independent - Positive, healthy relationships - How a baby is made Committed relationships and family life (1) - Marriage and Partnership	Change, loss, grief (1) - How do people manage loss and support each other? Foundations for Well-being (5) - Regulating emotions - Managing distractions - Developing positive thinking habits - Managing rumination and worry - Managing stress Belonging and Community (1) - Addressing Extremism	Citizenship: - Breaking the law - Rights and responsibilities - Human rights - Parliament - National Democracy - Pressure groups - Contributing to the community	Consent (3) - Giving and seeking permission - Personal boundaries - Appropriate and inappropriate touch Keeping safe FGM (1) - Keeping Safe FGM	Money and Well-being (2) - Money and emotional wellbeing - Being a critical consumer Online financial harms (2) - Spending Influences - Wellbeing and support Embracing change (1) - Moving to secondary school	No Outsiders: Promoting Diversity
	8	7	7	4	5	7