

PSHE EDUCATION: Long term overview St Olave's School

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
J1	Friendships: Managing conflict and repairing friendships; Feeling lonely; Friendship skills, including communicating safely online; Listening and responding; Respecting self and others	Communities: What makes a community; Diversity; Freedom of expression; Online communities; Identifying and responding to prejudice	Wellbeing: Budgeting; Saving; Spending decisions; How managing money makes us feel; How spending choices affect others Mental wellbeing: Link with mental health week	Families: Different types of relationships; Characteristics of healthy family relationships; Feeling safe and cared for	British values/ citizenship and democracy	Staying healthy: Dental health; Hygiene, germs; Basic first aid; Early signs of illness and seeking help
J2	Media literacy: Age appropriate content	Respect and bullying: Mutual respect; Sharing points of view; Stereotypes; Types of bullying and how to get help; Discrimination	Mental wellbeing: Taking care of mental health and emotional wellbeing; Managing challenges; Seeking support for themselves and others	Staying safe: Privacy and personal boundaries; Acceptable and unacceptable contact; Permission-seeking and giving; Personal safety	Developing friendships: Changing and ending friendships.	Growing and changing: Growing up; Puberty; Sleep.
J3	Being a J3 Personal Identity: What contributes to who we are; Personal strengths; Interests; Setting goals; Managing setbacks; New opportunities and responsibilities Friendship	Puberty and reproduction: Menstrual wellbeing; Managing the changes of puberty; Developing independence; How a baby is made	Physical and mental health <i>Making informed choices regarding a healthy lifestyle, including nutrition; Hygiene and bacteria and viruses; Allergies and getting help in an emergency; Vaccination and immunisation</i> Managing change, loss and bereavement; Sources of support Mental health and wellbeing	Media literacy: How data is shared and used online; Evaluating reliability of sources; Misinformation and targeted information; Choosing age-appropriate TV, games and online content; Influences relating to gambling	Friendships and staying safe: Opportunities to connect online; The nature of online only friendships; Reporting harmful content and contact; Staying safe online	British values/ citizenship and democracy.
J4	Friendships and diversity: Respectful relationships and conflict resolution, including online; Equality, diversity and tackling prejudice; Bullying, including online	Healthy lifestyles: Physically and mentally healthy lifestyles; Healthy sleep habits; Dental health; Managing stress; Accessing health services	Addictions: Laws Gambling/gaming Social norms regarding drugs, alcohol and tobacco; Myths and misconceptions; Influence and risks relating to substance use	Economic wellbeing: The world of work and young people's employment rights. Travel skills Evaluating value for money; Debt, fraud and personal values around finance; Financial exploitation	Relationships: Healthy and positive relationships, including intimate relationships; Expectations and stereotypes in relationships; Managing strong feelings; The concept of consent	Serving our community: RAK
J5	Service/ expectations of a J5	Friendships and managing influences: Managing social influence, peer pressure and peer approval; Strategies to manage pressure to conform within a group and in relation to substance use. Discrimination.	Relationships: Stereotypes and expectations of gender roles, behaviour and intimacy; Consent in intimate situations; Introduction to contraception and sexual health. Gender identity. FGM. Sexting- Law	Mental health and wellbeing: Attitudes to mental health and emotional wellbeing; Digital resilience; Body image; Healthy and unhealthy coping strategies; Seeking support for themselves and others	Moving forward: Personal strengths, celebrating successes and setting goals; Moving on to a new school; Managing change; Life and career aspirations; Personal strengths and skills for employment; Stereotypes; Routes into careers; Progression routes; Online presence	

Life skills covers many of the health requirements eg basic first aid, CPR training etc. Our PE and games programme looks at the importance of nutrition/ exercise and it is modelled through talking about choices at the provided lunch etc.