



Care Imagine Believe Strive Achieve

Melbourne Whole School PSHE Long Term Overview- Cycle A (2022-2023)

	Autumn 1st	Autumn 2nd	Spring 1st	Spring 2nd	Summer 1st	Summer 2nd
	Me family and People who help us	Celebrations	Once upon a time	Minibeast	Oh, I do like to be beside the seaside	Under the sea
Nursery	Me and My Relationships Marvellous me! I'm special People who are special to me	Valuing Difference – Me and my friends Friends and family Including everyone	Keeping Myself Safe – People who help to keep me safe Safety Indoors and Outdoors What's safe to go into my body	Rights & Responsibilities- Looking after myself Looking after others Rights & Responsibilities – Looking after my environment	Being my best- What does my body need? I can keep trying I can do it!	Growing and changing- Growing and changing in nature When I was a baby Girls, boys and families
Reception	Me and my relationships- All about me All about me What makes me special Me and my relationships- My special People Me and my special people Who can help me? Me and my relationships- My Feelings My Feelings My Feelings (2)	Valuing differences- Same and Different I'm special, you're special Same and Different Valuing differences- different families and homes Same and different homes Same and different families Valuing differences- Kindness and Caring Kind and Caring 1 Kind and Caring 2	Keeping myself safe- Keeping my body safe What is safe to go on my body Keeping myself safe Safe indoor and outdoor Keeping myself safe- listening to my feelings Listening to my feelings Keeping myself safe- People who help keep me safe Keeping safe online People who help me to keep safe	Rights and Responsibilities- Looking after myself and my friends Looking after my special people Looking after my friends Rights and Responsibilities- Caring for my environment Being helpful at home and caring for our classroom Caring for our world Rights and Responsibilities- Looking after money Looking after money 1 Looking after money 2	Being my best-bouncing back Bouncing back when things go wrong Yes I can! Being my best-Healthy eating Healthy eating 1 Healthy eating 2 Being my best-Exercise and sleep Move your body A good nights sleep	Growing and Changing- Changes Seasons Life stages- plants, animals and humans Growing and Changing- Life Stages Life stages Human life stages Where do babies come from? Growing and Changing- Changing bodies Getting bigger Me and my body- girls and boys

	Towers and Turrets	Our Environment	Captain cook and the seven seas
Year 1	<p>Health and Wellbeing – Healthy Lifestyles Eat well Our feelings Harold’s wash and brush up Catch it! Bin it! Kill it! I can eat a rainbow Healthy me Super sleep</p> <p>Health and Wellbeing- Keeping Safe Harold loses Geoffrey Who can help? (1) Harold’s school rules What could Harold do? Sharing pictures</p> <p>Health and Wellbeing- Growing and Changing Harold learns to ride his bike Then and now Inside my wonderful body! Keeping privates private Taking care of a baby</p>	<p>Relationships – Healthy Relationships Surprises and secrets Good or bad touches? Unkind, tease or bully? Who can help? (2) How are you listening? Pass on the praise!</p> <p>Relationships- Feelings and Emotions Thinking about feelings Harold has a bad day Who are our special people? Feelings and bodies</p> <p>Relationships- Valuing Difference It’s not fair! Good friends Same or different?</p>	<p>Living in the Wider World- Rules, Rights and Responsibilities Why we have classroom rules Taking care of something Our special people balloons Basic first aid</p> <p>Living in the Wider World- Caring for the Environment Around and about the school</p> <p>Living in the Wider World- Money Harold’s money How should we look after our money?</p>
Year 2	<p>Health and Wellbeing- Healthy Lifestyles My day Harold’s bathroom Harold’s postcard – helping us to keep clean and healthy My body needs... What does my body do?</p> <p>Health and Wellbeing- Keeping Safe How safe would you feel? What should Harold say? Harold’s picnic Respecting privacy Playing games</p> <p>Health and Wellbeing- Growing and Changing You can do it! Sam moves away Haven’t you grown! My body, your body</p>	<p>Relationships – Healthy Relationships Should I tell? Solve the problem A helping hand I don’t like that! Bullying or teasing? Don’t do that! Types of bullying Some secrets should never be kept Feeling safe</p> <p>Relationships- Feelings and Emotions How are you feeling today? How do we make others feel? My special people Being a good friend Let’s all be happy! Fun or not?</p> <p>Relationships – Valuing Difference An act of kindness What makes us who we are?</p>	<p>Living in the Wider World- Rules, Rights and Responsibilities Our ideal classroom (1) Our ideal classroom (2) When I feel like erupting When someone is feeling left out Getting on with others Basic first aid</p> <p>Living in the Wider World- Caring for the Environment How can we look after our environment?</p> <p>Living in the Wider World- Money Harold saves for something special Harold goes camping</p>

	Romans	World Bridges	Greece
Year 3	<p>Relationships- Feelings and Emotions Secrets and surprise? Dan's dare</p> <p>Relationships- Healthy Relationships Tangram team challenge Looking after our special people Danger or risks? Body space How can we solve problems? Friends are special Zeb Relationship Tree</p> <p>Living in a wider world- Money Can Harold afford it? Earning money</p>	<p>Living in the Wider World – Caring for the Environment Let's have a tidy up! My Community Our helpful volunteers Harold's environment project</p> <p>Relationships – Valuing Difference Family and friends Respect and challenge Let's celebrate our differences</p> <p>Health and Wellbeing – Growing and Changing My special pet Top talents I am fantastic! My changing body</p> <p>Health and Wellbeing – Healthy Lifestyles Derek cooks dinner Poorly Harold Body teamwork</p>	<p>Health and Wellbeing Keeping Safe The risk Robot Safe or unsafe? Helping each other to stay safe Getting on with your nerves! Alcohol and cigarettes: the facts Help or Harm? None of your business! Raisin challenge 1</p> <p>Living in the Wider World- Rules, Rights and Responsibilities As a rule Our friends and neighbours For or against? Thunks Recount task Super searcher Basic first aid</p>
Year 4	<p>Health and Wellbeing- Healthy Lifestyle When feelings change</p> <p>Health and Wellbeing- Growing and Changing My feelings are all over the place!</p> <p>Relationships- Healthy relationships Ok or not ok? (Part 2) Ok or not ok? (Part 1) Human machines Can you sort it? Together</p> <p>Relationships- Feelings and Emotions Different feelings Secrets or surprise?</p> <p>Relationships- Valuing differences Friend or acquaintance? What would I do? What makes me ME!</p> <p>Living in the Wider World- Rules, Rights and Responsibilities In the news! That is such a stereotype!</p>	<p>Health and Wellbeing – Keeping safe Danger, risk or hazard? Picture Wise Raisin challenge (2)</p> <p>Health and Wellbeing – Growing and Changing An email from Harold!</p> <p>Relationships- Healthy relationships Islands</p> <p>Living in the Wider World- Rules, Rights and Responsibilities How do we make a difference? The people we share our world with Safety in numbers Basic first aid</p> <p>Living in the Wider World – Caring for the Environment Logo quiz Volunteering is cool My school community (1) Harold's Seven Rs</p>	<p>Health and Wellbeing– Healthy Lifestyles Making choices SCARF Hotel</p> <p>Health and Wellbeing- Keeping Safe Who helps us stay healthy and safe? Keeping ourselves safe Know the norms Medicines: check the label Under pressure</p> <p>Health and Wellbeing – Growing and Changing Moving house All change! Preparing for changes at puberty (formerly period positive)</p> <p>Relationships- Feelings and Emotions How dare you!</p> <p>Living in the Wider World- Rules, Rights and Responsibilities It's your right</p> <p>Living in the Wider World- Money Harold's expenses Why pay taxes?</p>

	Saxons	Vikings	The Amazon
Year 5	<p>Relationships > Feelings and Emotions How good a friend are you? Dear Ash Ella's diary dilemma Is it true?</p> <p>Relationships > Healthy Relationships It could happen to anyone Taking notice of our feelings Collaboration Challenge! Give and take Relationship cake recipe Stop, start, stereotypes</p> <p>Relationships > Valuing Difference Qualities of friendship Kind conversations Happy being me</p> <p>Living in the Wider World > Money Spending wisely Lend us a fiver!</p>	<p>Living in the Wider World > Rules, Rights and Responsibilities Local councils What's the story? Fact or opinion? The land of the Red People Basic first aid, including Sepsis Awareness</p> <p>Health and Wellbeing > Keeping Safe 'Thinking' about habits Jay's dilemma Independence and responsibility Spot bullying Communication Our emotional needs</p>	<p>Living in the Wider World > Caring for the Environment Rights, responsibilities and duties My school community (2) Mo makes a difference</p> <p>Health and Wellbeing > Healthy Lifestyles Smoking: what is normal? Getting fit It all adds up!</p> <p>Health and Wellbeing > Keeping Safe Would you risk it? Being assertive Drugs: true or false? Decision dilemmas Play, like, share</p> <p>Health and Wellbeing > Growing and Changing Different skills How are they feeling? Growing up and changing bodies Star qualities? Dear Hetty Changing bodies and feelings Help! I'm a teenager – get me out of here!</p>

Year 6	<p>Relationships- Feelings and Emotions Dear Ash Dan's Day</p> <p>Relationships- Healthy Relationships Solve the friendship problem Working together Let's negotiate Behave yourself Assertiveness skills (formerly Behave yourself 2) Don't force me Acting appropriate</p> <p>Relationships > Valuing Difference Advertising friendships! Respecting differences OK to be different</p> <p>Living in the Wider World > Money What's it worth? Jobs and taxes</p>	<p>Living in the Wider World > Rules, Rights and Responsibilities Captain Coram 1 – Gin Lane: children's rights in the 18th century Captain Coram 2 – Thomas Coram and the Foundling Hospital Captain Coram 3 – Funds for Foundlings: 18th century artists raise money for the 1st children's charity Captain Coram 4 – Hetty Feather, fictional foundling: children's rights in the 19th century Captain Coram 5 – Life for Foundlings in the 20th century Captain Coram 6 – Coram today: children's rights in the 21st century Our recommendations Two sides to every story Fakebook friends Tolerance and respect for others Democracy in Britain 1 – Elections Democracy in Britain 2 – How (most) laws are made Basic first aid</p>	<p>Health and Wellbeing > Healthy Lifestyles Five Ways to Wellbeing project I look great! We have more in common than not What is HIV?</p> <p>Living in the Wider World > Caring for the Environment Project Pitch (parts 1 & 2) Community art Action stations! Happy shoppers</p> <p>Health and Wellbeing > Keeping Safe It's a puzzle Rat Park What sort of drug is...? Think before you click! Traffic lights What's the risk? (1) Drugs: it's the law! Alcohol: what is normal? Joe's story (part 1) Joe's story (part 2) What's the risk? (2) To share or not to share? Pressure online</p> <p>Health and Wellbeing > Growing and Changing Is this normal? Helpful or unhelpful? Managing change Boys will be boys? – challenging gender stereotypes This will be your life! Media manipulation Making babies</p>
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It is up to the class teacher how to teach the units, in EYFS they follow the suggested order, while in KS1 and KS2 they adapt to fit their topics.

All units are covered throughout the year.

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