



Care Imagine Believe Strive Achieve

**Melbourne Whole School PSHE Long Term Overview- Cycle B**

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

	Transport	Our Planet	Beachcombers
<b>Year 1</b>	<p><b>Health and Wellbeing – Healthy Lifestyles</b>  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><b>Health and Wellbeing- Keeping Safe</b>  Harold loses Geoffrey  Who can help? (1)  Harold’s school rules  What could Harold do?  Sharing pictures</p> <p><b>Health and Wellbeing- Growing and Changing</b>  Harold learns to ride his bike  Then and now  Inside my wonderful body!  Keeping privates private  Taking care of a baby</p>	<p><b>Relationships – Healthy Relationships</b>  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><b>Relationships- Feelings and Emotions</b>  Thinking about feelings  Harold has a bad day  Who are our special people?  Feelings and bodies</p> <p><b>Relationships- Valuing Difference</b>  It’s not fair!  Good friends  Same or different?</p>	<p><b>Living in the Wider World- Rules, Rights and Responsibilities</b>  Why we have classroom rules  Taking care of something  Our special people balloons  Basic first aid</p> <p><b>Living in the Wider World- Caring for the Environment</b>  Around and about the school</p> <p><b>Living in the Wider World- Money</b>  Harold’s money  How should we look after our money?</p>
<b>Year 2</b>	<p><b>Health and Wellbeing- Healthy Lifestyles</b>  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><b>Health and Wellbeing- Keeping Safe</b>  How safe would you feel?  What should Harold say?  Harold’s picnic  Respecting privacy  Playing games</p> <p><b>Health and Wellbeing- Growing and Changing</b>  You can do it!  Sam moves away  Haven’t you grown!  My body, your body</p>	<p><b>Relationships – Healthy Relationships</b>  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><b>Relationships- Feelings and Emotions</b>  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><b>Relationships – Valuing Difference</b>  An act of kindness  What makes us who we are?</p>	<p><b>Living in the Wider World- Rules, Rights and Responsibilities</b>  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><b>Living in the Wider World- Caring for the Environment</b>  How can we look after our environment?</p> <p><b>Living in the Wider World- Money</b>  Harold saves for something special  Harold goes camping</p>

	<b>Journey Down The River Nile</b>	<b>Yorkshire</b>	<b>Stig of the Dump</b>
<b>Year 3</b>	<p><b>Relationships- Feelings and Emotions</b> Secrets and surprise? Dan's dare</p> <p><b>Relationships- Healthy Relationships</b> 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><b>Living in a wider world- Money</b> Can Harold afford it? Earning money</p>	<p><b>Living in the Wider World – Caring for the Environment</b> Let's have a tidy up! My Community Our helpful volunteers Harold's environment project</p> <p><b>Relationships – Valuing Difference</b> Family and friends Respect and challenge Let's celebrate our differences</p> <p><b>Health and Wellbeing – Growing and Changing</b> My special pet Top talents I am fantastic! My changing body</p> <p><b>Health and Wellbeing – Healthy Lifestyles</b> Derek cooks dinner Poorly Harold Body teamwork</p>	<p><b>Health and Wellbeing Keeping Safe</b> 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><b>Living in the Wider World- Rules, Rights and Responsibilities</b> As a rule Our friends and neighbours For or against? Thunks Recount task Super searcher Basic first aid</p>
<b>Year 4</b>	<p><b>Health and Wellbeing- Healthy Lifestyle</b> When feelings change</p> <p><b>Health and Wellbeing- Growing and Changing</b> My feelings are all over the place!</p> <p><b>Relationships- Healthy relationships</b> Ok or not ok? (Part 2) Ok or not ok? (Part 1) Human machines Can you sort it? Together</p> <p><b>Relationships- Feelings and Emotions</b> Different feelings Secrets or surprise?</p> <p><b>Relationships- Valuing differences</b> Friend or acquaintance? What would I do? What makes me ME!</p> <p><b>Living in the Wider World- Rules, Rights and Responsibilities</b> In the news! That is such a stereotype!</p>	<p><b>Health and Wellbeing – Keeping safe</b> Danger, risk or hazard? Picture Wise Raisin challenge (2)</p> <p><b>Health and Wellbeing – Growing and Changing</b> An email from Harold!</p> <p><b>Relationships- Healthy relationships</b> Islands</p> <p><b>Living in the Wider World- Rules, Rights and Responsibilities</b> How do we make a difference? The people we share our world with Safety in numbers Basic first aid</p> <p><b>Living in the Wider World – Caring for the Environment</b> Logo quiz Volunteering is cool My school community (1) Harold's Seven Rs</p>	<p><b>Health and Wellbeing– Healthy Lifestyles</b> Making choices SCARF Hotel</p> <p><b>Health and Wellbeing- Keeping Safe</b> Who helps us stay healthy and safe? Keeping ourselves safe Know the norms Medicines: check the label Under pressure</p> <p><b>Health and Wellbeing – Growing and Changing</b> Moving house All change! Preparing for changes at puberty (formerly period positive)</p> <p><b>Relationships- Feelings and Emotions</b> How dare you!</p> <p><b>Living in the Wider World- Rules, Rights and Responsibilities</b> It's your right</p> <p><b>Living in the Wider World- Money</b> Harold's expenses Why pay taxes?</p>

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

<b>Year 6</b>	<p><b>Relationships- Feelings and Emotions</b> Dear Ash Dan's Day</p> <p><b>Relationships- Healthy Relationships</b> 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><b>Relationships &gt; Valuing Difference</b> Advertising friendships! Respecting differences OK to be different</p> <p><b>Living in the Wider World &gt; Money</b> What's it worth? Jobs and taxes</p>	<p><b>Living in the Wider World &gt; Rules, Rights and Responsibilities</b> Captain Coram 1 – Gin Lane: children's rights in the 18<sup>th</sup> century Captain Coram 2 – Thomas Coram and the Foundling Hospital Captain Coram 3 – Funds for Foundlings: 18<sup>th</sup> century artists raise money for the 1<sup>st</sup> children's charity Captain Coram 4 – Hetty Feather, fictional foundling: children's rights in the 19<sup>th</sup> century Captain Coram 5 – Life for Foundlings in the 20<sup>th</sup> century Captain Coram 6 – Coram today: children's rights in the 21<sup>st</sup> 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><b>Health and Wellbeing &gt; Healthy Lifestyles</b> Five Ways to Wellbeing project I look great! We have more in common than not What is HIV?</p> <p><b>Living in the Wider World &gt; Caring for the Environment</b> Project Pitch (parts 1 &amp; 2) Community art Action stations! Happy shoppers</p> <p><b>Health and Wellbeing &gt; Keeping Safe</b> 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><b>Health and Wellbeing &gt; Growing and Changing</b> 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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