

John Shelton Primary School PSHE Overview 2024/25

	Autumn Term		Spring Term			Summer Term		
Year Group	Healthy and happy friendships	Similarities and differences	Caring and responsibility	Internet Safety (Internet Safety Day)	Families and committed relationships	Healthy bodies, healthy minds	Coping with change	Money and work (Money Week)
1	Making friends and getting along (3 lessons)	Recognising strengths and respecting differences (3 lessons)	Our special people (3 lessons)	Guidance to follow	The importance of family (3 lessons)	Amazing bodies (3 lessons)	Growing and changing (3 lessons)	Guidance to follow
2	What makes a happy friendship? (3 lessons)	Strengths, abilities and stereotypes (3 lessons)	Special people in our communities (3 lessons)	Guidance to follow	The diversity of families (3 lessons)	Staying safe and healthy (3 lessons)	Growing up and setting goals (3 lessons)	Guidance to follow
3	Being a good friend (3 lessons)	Valuing and respecting one another (3 lessons)	Responsibilities and boundaries (3 lessons).	Guidance to follow	Different types of committed relationships (3 lessons)	Sleep, food and hygiene (3 lessons)	Coping with feelings when things change (3 lessons)	Guidance to follow
4	Solving friendship difficulties (3 lessons)	Identity and diversity (3 lessons)	Rights and responsibilities (3 lessons)	Guidance to follow	Families and other relationships (3 lessons)	Influences and personal choices (3 lessons)	Puberty and hygiene (3 lessons)	Guidance to follow
5	Changing friendships (3 lessons)	Celebrating strengths, setting goals (3 lessons)	Caring in the community (3 lessons)	Guidance to follow	Healthy committed relationships (3 lessons)	Valuing our bodies and minds (3 lessons)	Puberty and emotions (3 lessons)	Guidance to follow
6	Relationships and feelings (3 lessons)	Respectful behaviour online and offline (3 lessons)	Responsible behaviour as we get older (3 lessons)	Guidance to follow	Starting a family (sex education) (3 lessons)	Being the best me (3 lessons)	Coping with emotional effects of life changes (3 lessons)	Guidance to follow