

## PSHE- Life Lessons Overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
3	Wellbeing – powerful emotions, exercise, healthy & mindful, I am wonderful. Healthy choices – staying safe	Healthy choices – road & railway safety, weather & place safety & challenging safely. Healthy relationships – helping families, our bodies.	Healthy relationships – do friends want the same? Identity & community – cultures, respect	Identity & community – inclusion, care for world. Digital lives - online friendships, feeling uncomfortable online	Digital lives – wellbeing, doing & sharing, trust & perfect online world.	Aspiration & money – spending & saving, money & happiness future hopes & dreams.
4	Wellbeing – sleep, emotional toolkit, healthy food, wonderful life & mistakes	Healthy choices – wellbeing, germs, natural places. Healthy Relationships – True selves, communicate needs	Healthy relationships – losing a loved one, influence, negative influence.	My body and me – puberty. Identity & community – Equality Act, challenging stereotypes, achieving potential	Identity & community – Values, British Values, communities. Digital lives - internet	Digital lives – social media, Is the internet fair? Fake news, what is real? Aspiration & money – keeping money safe, job aspirations
5	Wellbeing – mental health, special me & sharing. Healthy choices - smoking & vaping	Healthy choices – addiction, fire safety, emergencies, adventures Healthy relationships – healthy friendships	Healthy relationships – fixing friendships. My body & me – puberty, menstruation,	My body & me - hygiene Identity & community – our needs, equality, listening, true selves.	Identity & community – amazing ally, social model of disability, value. Digital lives – red flags	Digital lives – sharing online, comparing on social media, use of data, influence & power, group chats, thriving online. Aspiration & money – choosing when to buy, helping communities.
6	Wellbeing – change, healthy life. Healthy choices – alcohol, drugs, vaccines	Healthy choices – first aid. Healthy relationships – romantic relationships, staying together, personal boundaries, respect	My body & me – emotions during puberty, body changes, female & male changes, appearance pressure.	My body & me - how babies are made. Identity & community – unconscious bias, heritage, belonging, expressing identity, gender identity	Identity & community – healthy communities. Digital lives – Power & friendship online, discrimination online, motivation & manipulation online, echo chambers	Digital lives – online fakes, dangers of misinformation. Aspiration & money – dreams, skills, protecting money