Farington Primary School Yearly Overview – PSHCE

	Autumn		Spring		Summer	
EYFS	**Self-Regulation** My Feelings	**Building Relationships:** Special Relationships	**Managing Self**: Taking on Challenges	**Self-Regulation**: Listening and Following Instructions	**Building Relationships:** My Family & Friends	**Managing Self:** My Wellbeing
Year 1	**My Healthy Self:** How Can we Look After Our emotions	**Connecting With Others:** How Can I Help Myself and Others Feel Happy?	**Online Safety;** Supplement with Project Evolve and Pol-Ed	**Citizenship:** How Can I Help Others and the Environment?	**Health Protection:** How Can I Protect Myself and Others in Daily Life?	**Staying safe:** How Can I stay Safe?
Year 2	**My Healthy Self:** How Can We Look After Our Bodies?	**Connecting With Others:** How Can I Build Safe, Kind and Caring Relationships?	**Online Safety;** Supplement with Project Evolve and Pol-Ed	**Citizenship:** How Do People Belong to a Community?	**Growing Up:** How Can We Look After and Respect Our Bodies as We Grow?	**Staying Safe:** How Can I Make Choices in different Places?
Year 3	**My Healthy Self:** How Can I Take Care of My Mind and Body?	**Connecting With Others:** What Helps Us Feel Safe and Included?	**Online Safety;** Supplement with Project Evolve and Pol-Ed	**Citizenship:** What Rights and Responsibilities Do We have?	**Health Protection:** How Can We Prevent Illness and Injury and Respond if They Happen?	**Citizenship:** What Careers Do People Choose and Why?
Year 4	**My Healthy Self:** How Can I Make Healthy Choices?	**Connecting With Others:** How Can We Respect Each Other?	**Online Safety;** Supplement with Project Evolve and Pol-Ed	**Citizenship:** How Can I Spend Money Responsibly?	**Growing Up**: How Will My Body and Emotions Change as I Grow Up?	**Staying Safe**: What Signs Help Me Recognise What is Safe or Unsafe?
Year 5	**My Healthy Self:** How Can I Support My Mind and Body as I Grow?	**Connecting With Others:** Why Are Healthy Relationships Important?	**Online Safety;** Supplement with Project Evolve and Pol-Ed	**Citizenship:** How Can We Make a Difference In Our Communities and Beyond?	**Growing Up:** How Can I Manage the Changes to My Body and Emotions as I Grow Up?	**Citizenship:** How Can We Be in Control of Our Money?
Year 6	**My Healthy Self:** How Do My Choices Today Shape My Future Health?	**Connecting With Others:** What Does it Mean to Stand Up for Myself and Others?	**Online Safety;** Supplement with Project Evolve and Pol-Ed	**Citizenship:** How Can we Protect Everyone's Rights?	**Staying safe:** How Can I Stay Safe As I Grow Up?	**Sex Education:** How Do People Become Parents and Carers?