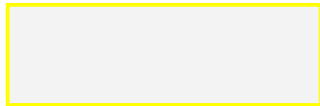


Pennoweth 2023/23 PSHE Long Term Overview



= RSHE (Relationship, sex and health education) lessons.



= Drugs awareness lessons.

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lifewise Reception Programme	Planting Our Food x2	Taking Good Care of Myself x2	Sleep x 2	Animals x2	Follow My Lead x2	Sharing x2
	Cities, Towns, Land and Sea x2	Being Curious x2	The Great Outdoors x2	Fire Safety x2	Making Mistakes x2	Marching to the Beat of your Own Drum x 2
	Gentle Hands and Hearts x2	Managing Feelings x2	Trusted Adults x2	Water Safety x2	Road Safety x2	Technology x2

Pennoweth 2023/23 PSHE Long Term Overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LifeWise Year 1 PSHE Programme	Being Happy x 2	Getting your sleep x 2	A Problem Shared is a Problem Halved x 2	What Makes A Family	Braving the Weather x 2	Road Safety x 2
	Being Mindful x 2	Hygiene and Me x 2	Communication x 2	My Growing Body	Emergency Services x 2	Safety Symbols x 2
	First Aid and CPR x 2	Understanding Difficult Feelings x 2	Trust x 2	Respecting Others x 2	Food Safety and What Not to Eat x 2	Signalling & Sign Language x 2
	What is Friendship	Kind vs Unkind		Water Safety x 2	Wildlife	
Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LifeWise Year 2 PSHE Programme	Screen Time Safety x 2	It's Okay not to be Okay x 2	My Private Body	Desert Island x 2	Cyber Safety x 2	Personal Goal Setting x 2
	Feeling Sad x 2	Medicines and Drugs x 2	Respecting All Families	Environment x 2	Fire Safety x 2	Protecting our Planet x 2
	Happiness x 2	Understanding Peer Pressure	Dealing With Loss x 2	Navigation x 2	Forest Survival x 2	Adapting to Change x 2
	Positive Friendships	Relaxation x 2	Fight or Flight x 2		The Art of Failure	

Pennoweth 2023/23 PSHE Long Term Overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LifeWise Year 3 PSHE Programme	Personal Hygiene	My Body, Your Body - Keeping Healthy	Power of Words: STOP	BV Democracy and Law x 2	Helping Others to Get Help x 2	Growth Mindset x 2
	Vaccinations and Diseases		Social Media Body Confidence			
	Anger, Fear and Mindfulness	Self-Worth x 2	Gender	BV Culture and Liberty x 2	Who Can We Trust x 2	Sun Safety
	Anxiety, Stress and Mindfulness	Self-Image x 2	Fairtrade: Working Together	Relationships with Others x 2	Staying Safe Online x 2	The World of Work
	Exercise	Autism Different, Not Less	Global Warming - What Can We Do To Help?		Separation and Divorce	Problem Solving and Time Management x 2
	Safety with Household Meds	Different Kinds of Friendship	Celebrating Women in History: Traditional Roles			
	Change is Good					

Pennoweth 2023/23 PSHE Long Term Overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LifeWise Year 4 PSHE Programme	Healthy Eating and a Balanced Diet x2	My Body, Your Body - Keeping Safe	Bullying x 2	BV Government and Rules x 2	Consent	Problem Solving and Resourcefulness x 2
	The Importance of Physical Activity x 2	Sleep x 2	Everything Will Be Alright	BV Freedom in Beliefs x 2	Where Does My Food Come From?	Try and Try Again x 2
	Relaxing to Recharge x 2	Screentime x 2	All About Tik-Tok	Family Relationships x 2	Respect x 2	Leadership x 2
	The Recreational Drugs of Alcohol and Nicotine	Autism: Aspergers	Identity and Gender		Being Responsible x 2	
		What's Love?	Fairtrade: Change Through Choice		Earning Money	

Pennoweth 2023/23 PSHE Long Term Overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LifeWise Year 5 PSHE Programme	Junk Food x 2	Keeping My Body The Same x 2	Power of Words - Mouldy Rice	BV Laws and Parliament x 2	The Digital World x 2	Learning Part 2
	Nutritional Values x2	My Body Changes x 2	Social Media - Being Confident	BV Freedom of Speech and Movement x 2	Supporting the Community x 2	Borrowing Money x 2
	The Human Body x 2	Autism - Neurodivergence	Responsibility and Inspiration x 2	Respecting Others' Boundaries and Beliefs x 2	Communicating Effectively x 2	Dealing With Adversity x 2
	Caffeine - Helpful or Harmful?	Expressing Love Differently As You Grow	Homophobic Language in Schools		Learning Part 1	The NHS x 2
		What is Marriage?	Fairtrade: Same Storm, Different Boat			

Pennoweth 2023/23 PSHE Long Term Overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LifeWise Year 6 PSHE Programme	First Aid x 2	My Amazing Body x 2	The Power of Words - Clean up Your Speech	BV Lawmakers and Activists x 2	Consent	Transition x 2
	Alcohol, Smoking and Vaping	Self-Perception x 2	Social Media - Tik Tok	BV Rights and Radicalisation x 2	Feeling Anxious x2	Learning to Working x 2
	Drugs	Autism Do Say, Don't Say	Identity, Gender and Sexuality	The Government X 2	Ageism x 2	Law x 2
	Illegal Drugs	The Power of Love - Inequality Within Relationships	Fair Trade - The Shirt Off Your Back		The Power of Negotiation X 2	Tax x 2
	Recognising and Controlling Anger	What is Forced Marriage?	Global Warming - Issues and Prevention			Banks x 2
	Organisation of Life		Celebrating Women in History - Forgotten Achievements			Pensions x 2
				We have added more lessons in Summer 2 to give you optionality. Pick and choose what is right for your students!		How to Write a CV x 2
						Entrepreneurship, Enterprise and Business x 2