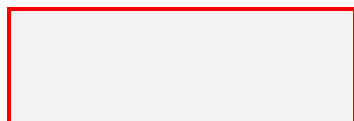
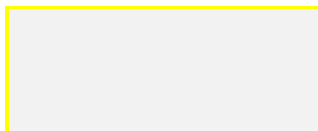


Pennoweth PSHE Long Term Overview



= 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 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 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 | | | | | |
| | Anger, Fear and Mindfulness | Self-Worth x 2 | Social Media Body Confidence | BV Culture and Liberty x 2 | Who Can We Trust x 2 | Sun Safety |
| | Anxiety, Stress and Mindfulness | Self-Image x 2 | Gender | | | The World of Work |
| | Exercise | Autism Different, Not Less | Fairtrade: Working Together | Relationships with Others x 2 | Staying Safe Online x 2 | |
| | Safety with Household Meds | Different Kinds of Friendship | Global Warming - What Can We Do To Help? | | Separation and Divorce | Problem Solving and Time Management x 2 |
| | Change is Good | | Celebrating Women in History: Traditional Roles | | | |

Pennoweth 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 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 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 |