The Federation of Longhorsley and Whalton C of E Schools

Love your Neighbour as yourself so we can all aspire, believe and achieve to be the very best that we can be...

Hope - Honesty - Forgiveness - Friendship - Trust - Love

Personal, Social, Health and Economic (PSHE) Subject Overview- Year 2026/2027 (adopted from Oak National Academy)

Whalton 2026/27

Colour Key to **threads**	**Relationships**	**Wellbeing**	**Community**	**Online Safety**	**Growing Up**

Class/Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Emotions- Which emotion do I feel? Which emotion do I feel?	Who is in my family? Who is in my family?	How can I look after myself? How can I look after myself?	Who helps me in my community? Who helps me in my community?	How can I be safe at home and school? How can I be safe at home and school?	How can I look after the world? How can I look after the world?
	What makes me special? What makes me special?	Which other special people are in my life? Which other special people are in my life?		How can adults help me to be safe online? How can adults help me to be safe online?		What is money and why do I need a job when I am older? What is money and why do I need a job when I am older?

The Federation of Longhorsley and Whalton C of E Schools

Love your Neighbour as yourself so we can all aspire, believe and achieve to be the very best that we can be...

Hope - Honesty - Forgiveness - Friendship - Trust - Love

Year 1	Emotions- How do I feel today? Emotions: How do I feel today?	Healthy relationships- who's in my family? Healthy relationships: Who's in my family?	Physical Health- How can I look after my body? Physical health: How can I look after my body?	Media influence- How do I decide what to do online? Media influence: How do I decide what to do online?	Staying safe and healthy- How do I look after my body? Staying safe and healthy: How can I look after my body?	Power in Relationships- When do I feel safe? Power in relationships: When do I feel safe?
	Communities Who am I, Who are you? Communities: Who am I? Who are you?	Healthy relationships- what makes a good friend? Healthy relationships- what makes a good friend?	Our online lives: What should I do if I feel unsafe online? Our online lives: What should I do if I feel unsafe online?			An introduction to money- Should I spend or should I save? An introduction to money- Should I spend or should I save?
Year 2	Emotions: What helps me to be happy? 4 Emotions: What helps me to be happy?	Healthy Relationships- What does a family look like? 3 Healthy relationships: What	Media Influences: Is everything I see online true? 5 Media influence: Is everything I see online true?	Physical Health- How do I eat a balanced diet? 4 Physical health: How do I eat a balanced diet?	Staying Safe and Healthy: How can I take responsibility for my health? 2 Staying safe and healthy: How can I take responsibility	My money and me: Should I save, spend or give? My money and me: Should I save, spend or

The Federation of Longhorsley and Whalton C of E Schools

Love your Neighbour as yourself so we can all aspire, believe and achieve to be the very best that we can be...

Hope - Honesty - Forgiveness - Friendship - Trust - Love

		does a family look like?			for my health?	give?
	Communities- Who is in my community? 6 Communities: Who is in my community?	Power in relationships: Should I keep secrets? 3 Power in relationships: Should I keep secrets?	Our online lives: Who should I talk to online ? 4 Our online lives: Who should I talk to online?	Risky Substances: How do I stay safe at home? 2 Risky substances: How do I stay safe at home?	Healthy Relationships: How can we stop bullying? 4 Healthy relationships: How can we stop bullying?	
Year 3	Emotions:How can I manage my emotions? 4 Emotions: How can I manage my emotions?	Healthy Relationships- How can I help my family? 3 Healthy relationships: How can I help my family?	Power in relationships: who does my body belong to? 2 Power in relationships: Who does my body belong to?	Our online lives: how can I be kind and happy online? 5 Our online lives: How can I be kind and happy online?	Staying safe and healthy:How can I stay safe while out and about? 3 Staying safe and healthy: How can I stay safe while out and about?	The Purpose of money: Why do we track money and how does it make us feel? The Purpose of money: Why do we track money and how does it make us feel?

The Federation of Longhorsley and Whalton C of E Schools

Love your Neighbour as yourself so we can all aspire, believe and achieve to be the very best that we can be...

Hope - Honesty - Forgiveness - Friendship - Trust - Love

	Communities: What does it mean to be British? 5 Communities: What does it mean to be British?	Healthy Relationships- Are friendships ever perfect? 4 Healthy relationships: Are friendships ever perfect?	Media Influence- How do I keep myself safe online? 6 Media influence: How do I keep myself safe online?	Physical health: how can I get active and eat well every day? 4 Physical health: How can I get active and eat well every day?		
Year 4	Emotions: How can we add to our Emotions toolkit? 4 Emotions: How can we add to our emotions toolkit?	Healthy relationships: Do all families look the same? 5 Healthy relationships: Do all families look the same?	Power in a relationship: What does a healthy relationship feel like? 4 Power in relationships: What does a healthy relationship feel like?	Our online lives: How do I decide who to trust online? 4 Our online lives: How do I decide who to trust online?	Staying safe and healthy:How do I avoid getting ill? 3 Staying safe and healthy: How do I avoid getting ill?	Making money decisions:Should I save, spend or borrow? Can I spend money online? Making money decisions:Should I save, spend or borrow? Can I spend money online?
	Communities: How are we all different?4	Healthy relationships: Are all friends the same? 4 Healthy relationships: Are	Media influence - what is fake news? 4 Media influence: What is fake news?	Physical health: What makes a balanced lifestyle? 3 Physical health: What makes a balanced lifestyle?	Puberty: How will I change as I grow up? 3 Puberty: How will I change as I grow up?	

The Federation of Longhorsley and Whalton C of E Schools

Love your Neighbour as yourself so we can all aspire, believe and achieve to be the very best that we can be...

Hope - Honesty - Forgiveness - Friendship - Trust - Love

	Communities: How are we all different?	all friends the same?				
Year 5	Emotions: How can we manage challenges? 3 Emotions: How can we manage challenges?	Healthy relationships:Is there such a thing as a perfect family? 2 Healthy relationships: Is there such a thing as a perfect family?	Power in relationships: how do I get help if I don't feel safe? 3 Power in relationships: How do I get help if I don't feel safe?	Our online lives: How do I thrive online? 4 Our online lives: How do I thrive online?	Risky substances:why do people get addicted? 2 Risky substances: Why do people get addicted?	Priority Spending- Do I save, spend, borrow or lend? How can I be a critical consumer? Priority Spending- Do I save, spend, borrow or lend? How can I be a critical consumer?
	Communities: How can we ensure fairness and respect for women and girls? 4 Communities: How can we ensure fairness and	Healthy Relationships: How can I be a great friend? 4 Healthy relationships: How can I be a great friend?	Media Influence: Who decides what I experience in the online world? 4 Media influence: Who decides what I experience in the	Physical Health: Is it hard to be healthy? 3 Physical health: Is it hard to be healthy?	Staying Safe and Healthy: How can I avoid harm? 4 Staying safe and healthy: How can I avoid harm?	

The Federation of Longhorsley and Whalton C of E Schools

Love your Neighbour as yourself so we can all aspire, believe and achieve to be the very best that we can be...

Hope - Honesty - Forgiveness - Friendship - Trust - Love

	respect for women and girls?		online world?			
Year 6	Emotions: How can we manage our emotions through periods of change? 3 Emotions: How can we manage our emotions through periods of change?	Healthy relationships: how can we live in harmony? 2 Healthy relationships: How can we live in harmony?	Power in relationships: What are my boundaries? 2 Power in relationships: What are my boundaries?	Our online lives: what should I share online? 4 Our online lives: What should I share online?	Risky substances:why do people use alcohol and drugs? 2 Risky substances: Why do people use alcohol and drugs?	Puberty:what happens during adolescence? 3 Puberty: What happens during adolescence?
	Communities: How do we show respect to people of different race and cultures?6 Communities: How can we show respect to people of different races and cultures?	Healthy Relationships: How can we have healthy boundaries? 4 Healthy relationships: How can we have healthy boundaries?	Media Influences: How do I decide what is true online? 5 Media influence: How do I decide what is true online?	Physical Health: How do I plan a healthy week? 2 Physical health: How do I plan a healthy week?	Staying Safe and Healthy- How can I save a life? 2 Staying safe and healthy: How can I save a life?	Budgets and Ethical Spending: Who pays for all of this? How do you plan and manage a budget? Budgets and Ethical Spending: Who pays for all of this? How do you plan and manage a budget?