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)

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

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Emotions- Which emotion do I feel?	Who is in my family?	How can I look after myself?	Who helps me in my community?	How can I be safe at home and school?	How can I look after the world?
	What makes me special?	Which other special people are in my life?		How can adults help me to be safe online?		What is money and why do I need a job when I am older?
Year 1	Emotions- How do I feel today?	Healthy relationships- who's in my family?	Physical Health- How can I look after my body?	Media influence- How do I decide what to do online?	Staying safe and healthy- How do I look after my body?	Power in Relationships- When do I feel safe?
	Communities Who am I, Who are you?	Healthy relationships- what makes a good friend?	Our online lives: What should I do if I feel unsafe online?			An introduction to money- Should I spend or should I save?
Year 2	Emotions: What helps me to be happy?	Healthy Relationships- What does a family look like?	Media Influences: Is everything I see online true?	Physical Health- How do I eat a balanced diet?	Staying Safe and Healthy: How can I take responsibility for my health?	My money and me: Should I save, spend or give?

	Communities- Who is in my community?	Power in relationships: Should I keep secrets?	Our online lives: Who should I talk to online ?	Risky Substances: How do I stay safe at home?	Healthy relationships: How can we stop bullying?	
Year 3	Emotions:How can I manage my emotions?	Healthy Relationships- How can I help my family?	Power in relationships: who does my body belong to?	Our online lives: how can I be kind and happy online?	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?
	Communities: What does it mean to be British?	Healthy Relationships- Are friendships ever perfect?	Media Influence- How do I keep myself safe online?	Physical health: how can I get active and eat well every day?		
Year 4	Emotions: How can we add to our Emotions Toolkit?	Healthy relationships: Do all families look the same?	Power in a relationship: What does a healthy relationship feel like?	Our online lives: How do I decide who to trust online?	Staying safe and healthy:How do I avoid getting ill? 3	Making money decisions:Should I save, spend or borrow? Can I spend money online?
	Communities: How are we all different?	Healthy relationships: Are all friends the same?	Media influence - what is fake news?	Physical health: What makes a balanced lifestyle?	Puberty: How will I change as I grow up?	

Year 5	Emotions: How can we manage challenges?	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?	Our online lives: How do I thrive online?	Risky substances:why do people get addicted?	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?	Healthy Relationships: How can I be a great friend?	Media Influence: Who decides what I experience in the online world?	Physical Health: Is it hard to be healthy?	Staying Safe and Healthy: How can I avoid harm?	
Year 6	Emotions: How can we manage our emotions through periods of change?	Healthy relationships: how can we live in harmony?	Power in relationships: What are my boundaries?	Our online lives: what should I share online?	Risky substances:why do people use alcohol and drugs?	Puberty:what happens during adolescence?
	Communities: How do we show respect to people of different race and cultures?	Healthy Relationships: How can we have healthy boundaries?	Media Influences: How do I decide what is true online?	Physical Health: How do I plan a healthy week?	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?

EYFS- It has been developed to ensure foundational knowledge of the threads help to prepare our children for Year One.
Years 1 - 6 The units are taken from Oak National Academy and are carefully sequenced to build knowledge progressively through the curriculum. Five key concepts are developed through the use of threads, which add vertical coherence too. They are then adapted to meet the needs of each class, especially when they are a mixed year group class. We ensure the children can answer each key question for their year group.