



**PSHRE Year Group Overview  
Cycle A - Year 5**

<b>Year 5 Coverage overview</b>							
<b>Autumn: Living in the Wider world/Health and Well-being</b>			<b>Spring: Health and Well-being/ Relationships</b>		<b>Summer: Health and Well-Being/Relationships</b>		
<b>Diversity</b>	<b>Emotions</b>	<b>Safety</b>	<b>Health</b>	<b>Communication / Collaboration</b>	<b>Healthy Relationships</b>	<b>Economic Awareness</b>	<b>Nutrition and Food</b>
1.10 Understand the benefits of living in a diverse community and learn to celebrate diversity	1.8 Know how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings 1.9 Know about and understand the cyclic nature of life and how death is an inevitable part of this cycle	1.13 Know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking 1.22 Know concepts of basic first-aid, for example dealing with	1.6 Know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking 1.12 Know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes 1.13 Know that mental wellbeing is a normal part of daily life, in the same way as physical health	1.14 Recognise that there are many different ways to communicate 1.15 Know and understand the importance of listening to others 1.19 Understand that there are many situations in which collaboration is necessary 1.20 Recognise that there are many roles within a community 1.21 Understand the need to	1.1 Understand why structure is needed in different situations 1.2 Understand the term 'anarchy' and understand the implications of living in an anarchic society 1.3 Know and understand the meaning of the following:- democracy,	1.4 I will understand the work of different organisations such as the United Nations	1.17 Know what constitutes a healthy diet (including understanding calories and other nutritional content)



		common injuries, including head injuries	1.14 Know about the basic synergy between physical, emotional and mental health	collaborate in a group situation	sovereignty, dictatorship, government, monarchy 1.18 Know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact		
SAFE ZONE							
<b>Autumn</b>			<b>Spring</b>		<b>Summer</b>		
<p>1.4 Know that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous</p> <p>1.7 I can explain what app permissions are and can give some examples.</p> <p>1.11 I can explain how identity online can be copied, modified or altered.</p>			<p>1.14 I can search for information about an individual online and summarise the information found</p> <p>1.16 I can describe some strategies, tips or advice to promote health and well-being with regards to technology.</p>		<p>1.19 I can assess and justify when it is acceptable to use the work of others.</p> <p>1.23 I can recognise online bullying can be different to bullying in the physical world and can describe some of those differences</p>		



<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
<b>1.1 1.2 1.3 1.4 1.5 1.6 1.7 1.8 1.9 1.9 1.9b 1.10 1.11</b>	<b>1.12 1.13 1.14 1.15 1.16</b>	<b>1.17 1.18 1.19 1.20 1.21 1.22 1.23</b>
<b>Subject Specific Vocabulary</b>		
See subject specific Vocabulary grid plus: Democracy, Dictatorship, Government, Monarchy, Structure, Smoking, Alcohol, Drugs	See subject specific Vocabulary grid plus: Substance Misuse, Well-being, Physical, Emotional, Trusted Adult, Confidential, Communicate	See subject specific Vocabulary grid plus: Healthy, Diet, Touch, Collaboration, First Aid, Injuries
<b>I will know ...</b>		
<ul style="list-style-type: none"> <li>• I can understand why structure is needed in different situations</li> <li>• I can know and understand the meaning of the following:- democracy, sovereignty, dictatorship, government, monarchy.</li> <li>• I will know about legal and harmful drugs, including smoking, alcohol and drug taking</li> <li>• I will know how to talk about my emotions and how to receive support if I have negative emotions</li> <li>• I will understand the cyclic nature of life and how death is an inevitable part of this cycle</li> <li>• I will understand the benefits of living in a diverse community and learn to celebrate diversity</li> </ul>	<ul style="list-style-type: none"> <li>• I can identify what puberty is</li> <li>• I can understand what tobacco and substance misuse is</li> <li>• I can understand how to protect my physical, emotional and mental-wellbeing</li> <li>• I can understand what confidential information is</li> <li>• I can identify trusted adults to talk to</li> </ul>	<ul style="list-style-type: none"> <li>• I can understand what constitutes a healthy diet</li> <li>• I can understand that each persons body belongs to them and know the difference between appropriate and inappropriate touch</li> <li>• I can understand that there are many situations in which collaboration is necessary</li> <li>• I can recognise that there are many roles within a community</li> <li>• I can understand the need to collaborate in a group situation</li> <li>• I can understand concepts of basic first-aid, for example dealing with common injuries, including head injuries</li> </ul>



**PSHRE Year Group Overview  
Cycle B - Year 6**

<b>Year 6 Coverage overview</b>					
<b>Autumn: Health and Well-being/Relationships</b>			<b>Spring: Health and Well-being/ relationships</b>		<b>Summer: Living in the Wider world</b>
<b>Aspirations</b>	<b>Safety</b>	<b>Similarities/ differences</b>	<b>Health</b>	<b>Healthy Relationships</b>	<b>Economic Awareness and Money</b>
1.1 To be able to recognise strengths and how they can contribute to different groups 1.2 Identify and talk about my own strengths and others strengths and weaknesses 1.3 To be able to reflect on past achievements 1.4 Recognise achievements of others 1.5 Work collaboratively	1.8 To know how to be a discerning consumer of information online including understanding that information including search engines.	1.9 To know the importance of self respect 1.10 To know what a stereotype is 1.11 To know about gender discrimination and its impact 1.12 To know the characteristics of a family life	1.13 To know how to recognise the early signs of physical illness 1.14 To know the facts and science relating to allergies, immunisation and vaccines 1.15 I know how and when to seek support including which adults to speak to in school if they are worried about their health 1.16a I know that it is common for people to experience mental ill health. 1.17 I know that mental wellbeing is a normal part of daily life, in the same way as physical health 1.17a I know that bullying (including cyberbullying) has	1.16 Know that marriage forms a legal and formal commitment of two people 1.18 Know that relationships can change as a result of growing up	1.19 Learn about budgeting and what it means to budget 1.19a Understand why financial management and planning is important from a young age 1.20 To know and understand financial terms such as loan, interest, tax and discount 1.22 Know and understand the principles of enterprise 1.23 Understand profit and loss 1.24 To know and understand the principles of charity work



<p>towards common goals</p> <p>1.6 Be able to set personal goals</p> <p>1.7 Recognise how my behaviour and that of others may influence people both positively and negatively</p>			<p>a negative and often lasting impact on mental wellbeing</p>		
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**SAFE ZONE**

<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<p>1.9a Explain the ways in which anyone can develop a positive online reputation</p> <p>1.9b Explain how search engines work and how search results are selected and ranked</p> <p>1.12a Explain that sharing something online may have an impact either positively or negatively</p>	<p>1.15a Identify and critically evaluate online content relating to race, gender, race, religion, disability, culture and other groups</p> <p>1.18a I recognise and can discuss the pressures that technology can place on someone and how / when they could manage this.</p>	<p>1.21 I can describe effective ways people can manage passwords</p> <p>1.25 I can demonstrate the use of search tools and access online content which can be reused by others.</p>



<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
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<b>Subject Specific Vocabulary</b>		
See subject specific Vocabulary grid plus: Aspirations, Goals, Influence, Behaviour, Achievements, Strengths, Weaknesses	See subject specific Vocabulary grid plus: Physical illness, Marriage, Immunisation, Commitment, Relationships, Mental-Wellbeing	See subject specific Vocabulary grid plus: Budgeting, Financial, Money, Loan, Tax, Discount
<b>I will know ...</b>		
<ul style="list-style-type: none"> <li>• I can recognise strengths and how they contribute towards different groups</li> <li>• I can reflect on my past achievements and the achievements of others and set myself personal goals</li> <li>• I can recognise how my behaviour can impact those around me in a positive/negative manner</li> <li>• I can know the importance of self respect</li> <li>• I can understand what stereotypes are and link this with gender discrimination</li> <li>• I can know the characteristics of a family life</li> </ul>	<ul style="list-style-type: none"> <li>• I can recognise the early signs of physical illness and understand how immunisations/vaccines work</li> <li>• I can understand that marriage forms a legal and formal commitment of two people</li> <li>• I can understand that it is common for people to experience issues with their mental health.</li> <li>• I will know that mental wellbeing is a normal part of daily life, the same as physical health.</li> <li>• I will understand that relationships can change as a result of growing up</li> </ul>	<ul style="list-style-type: none"> <li>• I can understand what budgeting is</li> <li>• I can understand why financial management and planning is important from a young age</li> <li>• I can know and understand financial terms such as loan, interest, tax and discount</li> <li>• I can understand the principles of enterprise</li> <li>• I can understand what profit and loss is</li> <li>• I can know and understand the principles of charity work</li> </ul>