



# 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 2025/2026 (adopted from Oak National Academy)

Colour Key to threads	Relationships	Wellbeing	Community	Online Safety	Growing Up
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	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? 4	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?	

Years 1 - 4 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.