

PSHE at Whitby Heath

	AUTUMN	SPRING	SUMMER
Reception			
Unit of Work	Self-regulation My Feelings Listening and Following Instructions	Managing Self Taking on Challenges My Wellbeing	Building Relationships Special Relationships My family and friends
Year 1			
Unit of Work	Introduction lesson Family and relationships Health and wellbeing	Health and wellbeing Safety and the changing body Citizenship	Citizenship Economic Wellbeing Transition
Year 2			
Unit of Work	Introduction lesson Family and relationships Health and wellbeing	Health and wellbeing Safety and the changing body	Citizenship Economic Wellbeing Transition
Year 3			
Unit of Work	Introduction lesson Family and relationships Health and wellbeing	Health and wellbeing Safety and the changing body Citizenship	Citizenship Economic Wellbeing Transition
Year 4			
Unit of Work	Introduction lesson Family and relationships Health and wellbeing	Health and wellbeing Safety and the changing body	Citizenship Economic Wellbeing Transition
Year 5			
Unit of Work	Introduction lesson Family and relationships Health and wellbeing	Health and wellbeing Safety and the changing body Citizenship	Citizenship Economic Wellbeing Transition: Roles and Responsibilities
Year 6			
Unit of Work	Introduction lesson Family and relationships Health and wellbeing	Health and wellbeing Safety and the changing body Citizenship	Citizenship Economic Wellbeing Identity Transition lesson: Dealing with change

See detailed long-term overview for unit breakdown – unit overviews are not exact as curriculum lessons are interspersed with ‘Developing Relationships’ sessions