























PSHE Overview 2025-2026














	Autumn		Spring		Summer	
Focus British Value	Rule of Law	Tolerance of different faiths and beliefs	Individual Liberty	Mutual Respect	Democracy	
EYFS	<p>Meet Your Brain – understanding emotions - 3 lessons The three key parts of the brain.</p> <p>Celebrate – celebrating self and building self esteem in others – 3 lessons How children can learn to spot different strengths in themselves and others.</p> <p>Self-image and identity</p>		<p>Appreciate – appreciating self and others - 3 lessons Teaching the importance of gratitude including the wheel of gratitude.</p> <p>Relate – building my relationships and relating to others - 3 lessons To be able to get along with others and have positive relationships.</p> <p>Online bullying and online relationships</p>		<p>Engage – pursuing my dreams and supporting others - 3 lessons Children set big dream goals about things that are important to them.</p> <p>My Body – 2 lessons <i>Linked to PSED objectives</i> Understanding personal hygiene, healthy habits, physical activity, nutrition, sleep, screen time, and safety.</p> <p> Sex</p> <p>My Relationships – 2 lessons <i>Linked to PSED objectives</i> Building respectful relationships, recognising differences, expressing emotions, developing resilience, and understanding others’ perspectives.</p> <p> Age  Disability  Gender Reassignment  Marriage and Civil Partnership  Religion or belief  Sexual Orientation</p> <p>My World – 2 lessons <i>Linked to PSED objectives</i> Developing awareness of occupations, using resources independently, taking responsibility, and understanding care for the environment. Identifying familiar people and recognising personal value.</p> <p>Health, wellbeing and lifestyle</p>	
	<p>British Values Assembly focus: Rule of Law, Tolerance of different faiths and beliefs</p>		<p>British Values Assembly focus: Individual Liberty, Mutual Respect</p>		<p>British Values Assembly focus: Democracy Class focus: Rule of law, Mutual respect</p>	
	<p>Protected Characteristics</p>		<p>Protected Characteristics</p>		<p>Protected Characteristics</p> <p> Sex  Age  Disability  Gender Reassignment  Marriage and Civil Partnership  Religion or belief  Sexual Orientation</p> <p> Pregnancy and Naternity  Race</p>	















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<p>Year 1</p>	<p>Meet Your Brain – understanding emotions - 5 lessons Where the brain is and what it looks like</p> <p>Showing respect and managing hurtful behaviour – 1 lesson Understanding how actions and words affect others, recognising bullying, and knowing how to seek help.</p> <p>Celebrate – celebrating self and building self esteem in others – 4 lessons What character strengths are and how they make us unique and special</p> <p>Copyright and ownership</p>	<p>Appreciate – appreciating self and others - 3 lessons What appreciate means, what types of things we appreciate and how we show appreciation</p> <p>Healthy Lifestyles – 2 lessons Understanding healthy routines including food, hygiene, physical activity, rest, and safety habits.</p>  <p>Relate – building my relationships and relating to others - 3 lessons How character strengths help children relate to others</p> <p>Families and positive close relationships – 2 lessons Knowing different family types, identifying people who care for them, recognising safety in relationships, and understanding how families support wellbeing.</p>  <p>Health, wellbeing and lifestyle</p>	<p>Engage – pursuing my dreams and supporting others - 4 lessons What engage means and what types of things we can engage in</p> <p>Shared responsibilities – 1 lesson Learning that people and living things have needs and sharing responsibility for caring for the environment.</p>  <p>Communities – 1 lesson Understanding groups they belong to, roles and responsibilities within communities, and similarities and differences between people.</p>  <p>Ourselves growing and changing – 2 lessons Understanding growth, changes, similarities and differences, personal strengths, managing feelings, and preparing for transitions.</p> <p>Privacy & security</p> <p>Transition – 1 lesson</p>
<p>British Values Assembly focus: Rule of Law, Tolerance of different faiths and beliefs</p>	<p>British Values Assembly focus: Individual Liberty, Mutual Respect</p>	<p>British Values Assembly focus: Democracy Class focus: Rule of Law, Democracy</p>	
<p>Protected Characteristics</p>	<p>Protected Characteristics</p> 	<p>Protected Characteristics</p> 	





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<p>Year 2</p>	<p>Meet Your Brain – understanding emotions - 5 lessons More about my brain including the purpose of the amygdala</p> <p>Celebrate – celebrating self and building self esteem in others – 4 lessons Developing knowledge about what each character strength means and examples in action</p> <p>Self Image & Identify</p>	<p>Appreciate – appreciating self and others - 3 lessons Extending the concept of appreciation into being thankful and showing gratitude</p> <p>Keeping safe – 2 lessons Learning how to stay safe around medicines, household products, strangers, the sun, traffic, and unfamiliar environments, and knowing who to ask for help. Knowing what to do in accidents and emergencies, including how to call for help.</p> <p>Media Literacy and Digital resilience – 1 lesson Exploring online behaviour, using digital devices safely, understanding online information, and recognising that not everything online is true.</p> <p>Relate – building my relationships and relating to others - 4 lessons We relate to different people in different ways and that different people relate differently too.</p> <p>Friendships – 2 lessons Developing positive friendships, recognising kindness and unkind behaviour, managing conflict, understanding differences, and helping others.</p>   <p>Fire Safety talk</p> <p>Road Safety</p>	<p>Engage - pursuing my dreams and supporting others - 4 lessons Goal setting</p> <p>Safe relationships – 2 lessons Recognising safe vs unsafe situations, respecting privacy, responding to unsafe behaviour, and understanding consent and trusted adults.</p>   <p>Economic wellbeing – 2 lessons Learning about money, spending and saving, similarities and differences in needs and wants, strengths, jobs, and valuing people who work in communities.</p> <p>Privacy and security</p> <p>Transition – 1 lesson</p>
<p>British Values</p>	<p>Assembly focus: Rule of Law, Tolerance of different faiths and beliefs</p>	<p>British Values</p> <p>Assembly focus: Individual Liberty, Mutual Respect Class focus: Mutual Respect</p>	<p>British Values</p> <p>Assembly focus: Democracy Class focus: Tolerance, Mutual Respect</p>
<p>Protected Characteristics</p>		<p>Protected Characteristics</p>    	<p>Protected Characteristics</p>   

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<p>Year 3</p>	<p>Meet Your Brain – understanding emotions - 5 lessons How to focus to train the brain.</p> <p>Celebrate – celebrating self and building self esteem in others – 4 lessons That our character is set by genetics and experiences</p> <p>Copyright and ownership</p>	<p>Appreciate – appreciating self and others - 4 lessons How to develop an attitude of gratitude.</p> <p>Healthy Lifestyles – 2 lessons Making informed health decisions, understanding nutrition, healthy routines, physical activity, sleep, sun safety, and mental wellbeing.</p> <p>Relate - building my relationships and relating to others - 4 lessons To accept other people’s differences in friendships.</p> <p>Friendships – 1 lesson Building healthy friendships, managing conflict, showing empathy, understanding changes over time, and valuing differences.</p> <div style="display: flex; justify-content: space-around;">    </div> <p>Families and close positive relationships – 1 lesson Recognising diverse family types, positive and respectful family relationships, and seeking help when feeling unsafe or unhappy.</p>  <p>Managing online information</p>	<p>Engage - pursuing my dreams and supporting others - 4 lessons How to use perseverance and resilience</p> <p>Communities – 1 lesson Understanding community groups, roles, responsibilities, and valuing diversity within communities.</p>  <p>Shared responsibilities – 1 lesson Discussing topical issues respectfully and taking responsibility for local and global environmental impact.</p> <p>Ourselves growing and changing – Grief – 1 lesson Understanding emotional changes, dealing with transition, managing challenges, developing resilience, and recognising personal strengths.</p> <div style="display: flex; justify-content: space-around;">   </div> <p>Managing online information</p> <p>Copyright and ownership</p> <p>Transition – 1 lesson</p>
<p>British Values Assembly focus: Rule of Law, Tolerance of different faiths and beliefs</p>	<p>British Values Assembly focus: Individual Liberty, Mutual Respect Class focus: Mutual Respect</p>	<p>British Values Assembly focus: Democracy Class focus: Tolerance, Mutual Respect</p>	
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<p>Year 4</p>	<p>Meet Your Brain – understanding emotions - 5 lessons Develop concept of neuroplasticity</p> <p>Showing respect and managing hurtful behaviour – 1 lesson Exploring identity, understanding prejudice, recognising harmful behaviour, supporting respectful relationships, and challenging stereotypes.</p>  <p>Celebrate – celebrating self and building self esteem in others – 4 lessons People use different strengths to solve problems</p> <p>Managing Online Information</p>	<p>Appreciate – appreciating self and others - 4 lessons How to create a gratitude domino effect</p> <p>First aid – 1 lesson Basic first aid skills and responding calmly and safely to common injuries and emergency situations.</p> <p>Media Literacy and Digital resilience – 1 lesson Staying safe online, recognising misinformation, understanding laws and regulations online, protecting personal information, and knowing how to report concerns.</p> <p>Relate - building my relationships and relating to others – 4 lessons Stop, understand and consider – seeing things from different perspectives.</p> <p>Safe relationships – 1 lesson Understanding personal boundaries, consent, privacy, and managing peer pressure safely.</p>  <p>Self image and identity</p>	<p>Engage - pursuing my dreams and supporting others - 4 lessons Engaging means to pay attention and put effort into something developing perseverance and resilience</p> <p>Keeping safe – 1 lesson Managing risks, using medicines safely, responding to emergencies, staying safe at home and outdoors, and knowing how to seek help.</p> <p>Economic wellbeing – 3 lessons Learning about spending, saving, budgeting, influences on financial decisions, earning money, and recognising personal skills and interests. Understanding income differences, job roles, workplace skills, future aspirations, and recognising transferable skills.</p> <p>Copyright and ownership</p> <p>Transition – 1 lesson</p>
	<p>British Values Assembly focus: Rule of Law, Tolerance of different faiths and beliefs</p>	<p>British Values Assembly focus: Individual Liberty, Mutual Respect</p>	<p>British Values Assembly focus: Democracy</p>
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<p>Year 5</p>	<p>Meet Your Brain – understanding emotions - 5 lessons The difference between your brain and your mind.</p> <p>Celebrate – celebrating self and building self esteem in others – 5 lessons Character strengths are organised into 6 key virtues – wisdom, courage, humanity, justice, temperance and transcendence</p> <p>Online Relationships</p> <p>Online Bullying</p>	<p>Appreciate – appreciating self and others - 4 lessons What appreciation means and ways to show appreciation to others.</p> <p>Healthy Lifestyles – 2 lessons Developing independence in making healthy lifestyle choices, understanding nutrition, exercise, hygiene, illness prevention, sleep, mental health, and managing health concerns.</p> <p>Relate - building my relationships and relating to others - 4 lessons Skills needed to listen actively and the importance of that in friendships.</p> <p>Friendships – 1 lesson Building and sustaining healthy friendships, recognising peer influence, resolving conflicts, valuing differences, and managing changing friendships.</p> <p>Families and close positive relationships – 1 lesson Recognising different family structures, healthy vs unhealthy relationships, marriage and civil partnerships, respect and care, and knowing when and how to seek help.</p> <div style="display: flex; justify-content: space-around;">   </div>	<p>Engage - pursuing my dreams and supporting others - 4 lessons How to recognise concerns and define strategies to overcome them.</p> <p>Economic wellbeing – 3 lessons Understanding financial choices, budgeting, money management, influences on spending, enterprise, work skills, and evaluating financial decisions. Exploring income differences, job skills, financial responsibilities, aspirations, and careers.</p> <p>Ourselves growing and changing – Grief – 6 lessons Understanding emotional changes, managing grief and loss, recognising personal qualities, developing resilience, and preparing for transitions.</p> <div style="display: flex; justify-content: space-around;">   </div> <p>Transition – 1 lesson</p>
<p>British Values</p>	<p>Assembly focus: Rule of Law, Tolerance of different faiths and beliefs</p>	<p>British Values</p> <p>Assembly focus: Individual Liberty, Mutual Respect Class focus: Mutual Respect</p>	<p>British Values</p> <p>Assembly focus: Democracy Class focus: Individual Liberty</p>
<p>Protected Characteristics</p>	<p>Protected Characteristics</p> <div style="display: flex; justify-content: space-around;">   </div>	<p>Protected Characteristics</p> <div style="display: flex; justify-content: space-around;">   </div>	<p>Protected Characteristics</p> <div style="display: flex; justify-content: space-around;">   </div>

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<p>Year 6</p>	<p>Meet Your Brain – understanding emotions – 3 lessons How feelings impact our brain.</p> <p>Shared responsibilities – 2 lessons Understanding laws and human rights, distinguishing rights and responsibilities, and debating topical issues respectfully.</p>  <p>Showing respect and managing hurtful behaviour – 1 lesson Exploring discrimination, online/offline bullying, protected characteristics, respectful behaviour, and strategies for challenging harmful actions.</p>  <p>Celebrate – celebrating self and building self esteem in others – 2 lessons About our own strengths and which ones we would like to grow.</p> <p>Communities – 1 lesson Exploring diversity, stereotypes, prejudice, community cohesion, and challenging discriminatory behaviour.</p>  <p>Privacy and Security (1/2)</p> <p>Managing Information online (L1/2)</p>	<p>Appreciate – appreciating self and others - 2 lessons The importance of gratitude for ourselves, others and experiences.</p> <p>First aid – 1 lesson Learning basic first aid skills and how to respond safely and effectively in emergency situations requiring help from adult support or emergency services.</p> <p>Drugs, Alcohol and tobacco – 1 lesson Understanding risks and effects of drugs, alcohol and tobacco; peer pressure; laws around substances; safe use of medicines; and where to seek help.</p> <p>Media Literacy and Digital resilience – 2 lessons Recognising online risks, understanding permissions and data privacy, evaluating online content, spotting misinformation, and protecting personal information.</p>  <p>Relate - building my relationships and relating to others – 2 lessons Strategies to manage friendships through change, transition and peer pressure.</p> <p>Safe relationships – 1 lesson Understanding consent, privacy, pressure, personal boundaries, physical contact, safe/unsafe behaviour, and how to report concerns.</p>  <p>Fire Safety</p> <p>Online relationships</p> <p>Managing Information online (L3/4)</p>	<p>Engage - pursuing my dreams and supporting others - 2 lessons How to effectively use strategies learnt to help us to do good and feel good.</p> <p>Transition programme – 2 weeks</p> <p>Copyright and Ownership</p> <p>Magistrates visit</p>
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	<p>British Values Assembly focus: Rule of Law, Tolerance of different faiths and beliefs Class focus: Rule of Law, Democracy</p>	<p>British Values Assembly focus: Individual Liberty, Mutual Respect Class focus: Rule of Law</p>	<p>British Values Assembly focus: Democracy</p>
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Our PSHE Curriculum has four pillars: **Mental Health**; **Health & Wellbeing**; **Relationships** & **Living in the Wider World**. It is fully aligned to the PSHE Association curriculum. RSE (which includes puberty and sex education) and **online safety** is also mapped on this document.