

PSHE Curriculum Overview



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Jigsaw Topic	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
PSHE Key Dates / events. Incorporate activities to coincide with these dates / events	26 September 2026 - European Day of Languages 20 October 2026 - Diwali October 2026 - Black History Month	5 November 2026 - Guy Fawkes Bonfire Night 10-14 November 2026 - Anti-Bullying Week 10-16 November 2026 - National Recycling Week 11 November 2026 - Remembrance Day 25 December 2026 - Christmas 20 October 2026 - Diwali	6 February 2027 - Chinese New Year February 2027 - Children's Mental Health Week 9 February 2027 - Safer Internet Day March 2027 - National Careers Week	Healthy Eating Week - TBC June 2027		
Reception	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Achieving and setting goals Overcoming obstacles Seeking help Jobs	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations



Year 1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	Please link to anti bullying week Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
Year 2	Hope and fears for the year Rights the responsibilities Rewards and Consequences Safe and Fair Learning Environment Valuing Contributions	Please link to anti bullying week Assumptions and Stereotypes about Gender Please link to anti bullying week Understanding Bullying Standing Up for Self and Others	Achieving realistic goals Staying healthy to achieve goals Perseverance and strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Healthy eating and nutrition Safety in the home Safety out and about Medicines	Different Types of Family Physical Contact Boundaries Friendship and Conflict Secrets Trust and Appreciation Expressing Appreciation for	Life Cycles in Nature Growing from Young to Old Increasing Independence Differences in Female and Male Bodies (correct terminology) Assertiveness



	Choices Recognising Feelings	Making New Friends Gender Diversity Celebrating Difference and Remaining Friends			Special Relationships	Preparing for Transition
Year 3	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Please link to anti bullying week Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Please incorporate online safety in this unit. Exercise Food labelling and healthy swaps Attitudes towards drugs Keeping safe online and off line Respect for myself and others Healthy and safe choices outdoors Water safety Asking for help	Please incorporate online safety in this unit. Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Media influence Being a global citizen How my choices affect others Awareness of other children's different lives	How babies grow Outside body changes Inside body changes Personal hygiene Family stereotypes Challenging my ideas Preparing for transition



					Expressing appreciation for family and friends	
Year 4	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Please link to anti bullying week Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Peer influences Railway safety Staying safe with friends Smoking Alcohol and vaping Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and Falling out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Girls and puberty Being part of a family Confidence in change Accepting change Preparing for transition Environmental change
Year 5	Planning the year ahead Being a citizen Rights and responsibilities	Please link to anti bullying week Cultural differences and how they can cause conflict Racism	Future dreams Spending, saving and value of money Jobs and careers Dream job and how to get there	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid	Please incorporate online safety in this unit. Self-recognition and self-worth Building self-esteem	Please incorporate online safety in this unit. Self- and body image



	Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Rumours and name-calling Types of bullying Material wealth and Happiness Enjoying and respecting other cultures	Goals in different cultures Supporting others (charity) Motivation	Body image Relationships with food Healthy choices Motivation and behaviour	Safer online communities Please incorporate online safety in this unit. Rights and responsibilities online Online gaming and gambling / risks Reducing screen time Dangers of online grooming SMARRT internet safety rules	Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition (Non statutory lesson on conception on birth; Jigsaw lesson 4)
Year 6	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics	Perceptions of normality Understanding disability Power struggles Please link to anti bullying week Understanding bullying Inclusion/exclusion Differences as conflict,	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition



	Democracy, having a voice Anti-social behaviour Role-modelling	difference as celebration Empathy				(non statutory lesson on conception to birth – Jigsaw lesson 2)
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