



PSHE/RSHE Overview 2025-26

	AUTUMN TERM		SPRING TERM		SUMMER TERM	
	1	2	1	2	1	2
NURSERY 3	<u>Being Me In My World</u> Who...Me?! How Am I Feeling Today? Being At School Gentle Hands Our Rights & Responsibilities	<u>Celebrating Differences</u> What Am I Good At? I'm Special, I'm Me Families Houses & Homes Making Friends Standing Up For Yourself	<u>Dreams & Goals</u> Challenges Never Giving Up Setting A Goal Obstacles & Support Flight To The Future Footprint Awards	<u>Healthy Me</u> Everybody's Body We Like To Move It, Move It! Food, Glorious Food Sweet Dreams Keeping Clean Stranger Danger	<u>Relationships</u> My Family & Me Making Friends Falling Out & Bullying Being A Best Friend	<u>Changing Me</u> My Body Respecting My Body Growing Up Fun & Fears Celebration
RECEPTION	<u>Being Me In My World</u> Who...Me?! How Am I Feeling Today? Being At School Gentle Hands Our Rights & Responsibilities	<u>Celebrating Differences</u> What Am I Good At? I'm Special, I'm Me Families Houses & Homes Making Friends Standing Up For Yourself	<u>Dreams & Goals</u> Challenges Never Giving Up Setting A Goal Obstacles & Support Flight To The Future Footprint Awards	<u>Healthy Me</u> Everybody's Body We Like To Move It, Move It! Food, Glorious Food Sweet Dreams Keeping Clean Stranger Danger	<u>Relationships</u> My Family & Me Making Friends Falling Out & Bullying Being A Best Friend	<u>Changing Me</u> My Body Respecting My Body Growing Up Fun & Fears Celebration
YEAR 1	<u>Being Me In My World</u> Special & Safe My Class Rewards & Feeling Proud Our Learning Charter	<u>Celebrating Differences</u> The Same As... Different From... What Is Bullying? What Do I Do About Bullying? Making New Friends	<u>Dreams & Goals</u> Treasure Chest Of Success Steps To Goals Achieving Together Overcoming Obstacles	<u>Healthy Me</u> Being Healthy Healthy Choices Clean & Healthy Medicine Safety Road Safety	<u>Relationships</u> Families Making Friends Greetings People Who Help Us Being My Own Best Friend Celebrating Special Relationships	<u>Changing Me</u> Life Cycles Changing Me My Changing Body Boys' & Girls' Bodies Learning & Growing
YEAR 2	<u>Being Me In My World</u> Hopes & Fears For The Year Rights & Responsibilities Rewards & Consequences Our Learning Charter	<u>Celebrating Differences</u> Boys & Girls Why Does Bullying Happen? Standing Up For Myself & Others Gender Diversity	<u>Dreams & Goals</u> Goals To Success My Learning Strengths Learning With Others Group Challenge	<u>Healthy Me</u> Being Healthy Being Relaxed Medicine Safety Healthy Eating Healthy, Happy Me	<u>Relationships</u> Families Keeping Safe Friends & Conflict Secrets Trust & Appreciation Celebrating Special Relationships	<u>Changing Me</u> Life Cycles In Nature Young To Old Changing Me Boys' & Girls' Bodies Assertiveness
YEAR 3	<u>Being Me In My World</u> Getting To Know Each Other Our Nightmare School Our Dream School Our Learning Charter	<u>Celebrating Differences</u> Families Family Conflict Witness & Feelings Witness & Solutions Words That Harm	<u>Dreams & Goals</u> Dreams & Ambitions New Challenges Overcoming Obstacles Celebrating Our Learning	<u>Healthy Me</u> Being Fit & Healthy What Do I Know About Drugs? Being Safe Safe Or Unsafe? My Amazing Body	<u>Relationships</u> Family Roles & Responsibilities Friendship Keeping Myself Safe Online Global Citizen Celebrating Special Relationships	<u>Changing Me</u> How Babies Grow Babies Outside Body Changes Inside Body Changes Family Stereotypes
YEAR 4	<u>Being Me In My World</u> Becoming A Class Team Being A School Citizen Rights, Responsibilities & Democracy Our Learning Charter	<u>Celebrating Differences</u> Judging By Appearances Understanding Influences Understanding Bullying Problem Solving Special Me	<u>Dreams & Goals</u> Hopes & Dreams Broken Dreams Overcoming Disappointments Achieving Goals	<u>Healthy Me</u> My Friends & Me Group Dynamics Smoking Alcohol Healthy Friends Inner Strength & Assertiveness	<u>Relationships</u> Jealousy Love & Loss Memories Getting On & Falling Out Girlfriends & Boyfriends Celebrating Special Relationships	<u>Changing Me</u> Unique Me Puberty Circles Of Change Accepting Change

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	1	2	1	2	1	2
YEAR 5	<u>Being Me In My World</u> My Year Ahead Being A Country Citizen Responsibilities Our Learning Charter	<u>Celebrating Differences</u> Different Cultures Racism Rumours & Name Calling Types Of Bullying Celebrating Differences Across The World	<u>Dreams & Goals</u> When I Grow Up Jobs & Careers My Dream Job Young People In Other Cultures Support Network	<u>Healthy Me</u> Smoking Alcohol Emergency Aid Body Image My Relationship With Food	<u>Relationships</u> Recognising Me Safety With Online Communities Being In An Online Community Online Gaming My Relationship With Technology	<u>Changing Me</u> Self & Body Image Puberty For Girls Puberty For Boys Conception Looking Ahead
YEAR 6	<u>Being Me In My World</u> My Year Ahead Being a Global Citizen Our Learning Charter	<u>Celebrating Differences</u> Am I Normal? Understanding Differences Power Struggles Why Bully? Celebrating All Differences	<u>Dreams & Goals</u> Personal Learning Goals Steps To Success My Dream For The World Helping To Make A Difference Recognising Achievement	<u>Healthy Me</u> Taking Responsibility For Health & Well-Being Drugs Exploitation Gangs Emotional & Mental Health Managing Stress & Pressure	<u>Relationships</u> What Is Mental Health? My Mental Health Love & Loss Power & Control Being Online Using Technology Responsibly	<u>Changing Me</u> My Self-Image Puberty Babies: Conception To Birth Boyfriends & Girlfriends Real Self & Ideal Self The Year Ahead