



PSHE/RSHE Overview 2026-27

	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 Difference</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 Difference</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 and Safe My Class Rights and Responsibilities Rewards and Feeling Proud Consequences Owning our Learning Charter	<u>Celebrating Difference</u> The Same As... Different From... What is 'bullying'? What do I do about bullying? Making New Friends Assessment	<u>Dreams & Goals</u> My Treasure Chest Of Success Steps To Goals Achieving Together Stretchy Learning Stretchy Flowers Overcoming Obstacles Celebrating My Success	<u>Healthy Me</u> Being Healthy Healthy Choices Clean & Healthy Medicine Safety Road Safety Happy, Healthy Me!	<u>Relationships</u> Families Making Friends Greetings People Who Help Us Being My Own Best Friend Celebrating My Special Relationships	<u>Changing Me</u> Life Cycles Changing Me My Changing Body Boys' & Girls' Bodies Learning & Growing Coping With Changes
YEAR 2	<u>Being Me In My World</u> Hopes and Fears for the Year Rights and Responsibilities Rewards and Consequences Our Learning Charter Owning our Learning Charter	<u>Celebrating Difference</u> Assumptions Stereotypes Why does Bullying Happen? Standing up for Myself and Others We're all Different Celebrating Difference and still Being Friends	<u>Dreams & Goals</u> Goals To Success My Learning Strengths Learning With Others A Group Challenge Being Relaxed Celebrating Our Achievement	<u>Healthy Me</u> Healthy Eating 1 Healthy Eating 2 Keeping Safe at Home Safe Outside Medicine Safety Happy, Healthy Me!	<u>Relationships</u> Families Keeping Safe – exploring physical contact Friends & Conflict Secrets Trust & Appreciation Celebrating My Special Relationships	<u>Changing Me</u> Life Cycles In Nature Growing From Young To Old The Changing Me Boys' & Girls' Bodies Assertiveness Looking Ahead
YEAR 3	<u>Being Me In My World</u> Getting To Know Each Other Our Nightmare School Our Dream School Rewards and Consequences Our Learning Charter Owning our Learning Charter	<u>Celebrating Difference</u> Families Family Conflict Witness and Feelings Witness and Solutions Words that Harm Celebrating Difference: Compliments	<u>Dreams & Goals</u> Dreams & Goals My Dreams and Ambitions Feeling Safe Helps me Grow Choices That Help us Grow Our New Challenge: Overcoming Obstacles Celebrating My Learning	<u>Healthy Me</u> Being Fit & Healthy 1 Being Fit and Healthy 2 What Do I Know About Drugs? Being Safe Safe Or Unsafe? My Amazing Body	<u>Relationships</u> Family Roles & Responsibilities Friendship Thinking Critically (Online Safety) Global Connections and Thinking Critically Being a Global Citizen Celebrating My Web of Relationships	<u>Changing Me</u> How Babies Grow Outside Body Changes Keeping Ourselves Clean Family Stereotypes Looking Ahead

YEAR 4	<u>Being Me In My World</u> Becoming A Class Team Being A School Citizen Rights, Responsibilities & Democracy Rewards and Consequences Our Learning Charter Owning our Learning Charter	<u>Celebrating Difference</u> Judging By Appearances Understanding Influences Understanding Bullying Problem Solving Special Me Celebrating Difference: How we Look	<u>Dreams & Goals</u> Hopes & Dreams Broken Dreams Overcoming Disappointments Creating New Dreams Achieving Goals We Did It!	<u>Healthy Me</u> My Friends & Me Staying Safe with Friends Smoking and Vaping Alcohol Healthy Friendships Celebrating My Inner Strength and Assertiveness	<u>Relationships</u> Jealousy Love & Loss Memories Puzzle Memory Box Getting On and Falling Out Girlfriends and Boyfriends Celebrating My Relationships with People and Animals	<u>Changing Me</u> Unique Me Puberty and Menstruation Being Part of a Family Circles of Change Accepting Change Looking Ahead
YEAR 5	<u>Being Me In My World</u> My Year Ahead Being A Citizen of My Country Year 5 Responsibilities Rewards and Consequences Our Learning Charter Owning our Learning Charter	<u>Celebrating Difference</u> Different Cultures Racism Rumours & Name Calling Types Of Bullying Does Money Matter? Celebrating Differences Across The World	<u>Dreams & Goals</u> When I Grow Up Keeping Track of Money My Dream Job Dreams and Goals of Young People In Other Cultures How Can We Support Each Other? Rallying Support	<u>Healthy Me</u> Smoking and Vaping Alcohol Emergency Aid Body Image My Relationship With Food Healthy Me	<u>Relationships</u> Recognising Me Safety With Online Communities Being In An Online Community Online Gaming My Relationship With Technology Using Technology Responsibly	<u>Changing Me</u> Self-Image and Body-Image Puberty for Girls Puberty for Boys Looking Ahead 1 Looking Ahead 2
YEAR 6	<u>Being Me In My World</u> My Year Ahead Being a Global Citizen 1 Being a Global Citizen 2 The Learning Charter Our Learning Charter Owning our Learning Charter	<u>Celebrating Difference</u> Am I Normal? Understanding Differences Power Struggles Why Bully? Celebrating Difference 1 Celebrating Difference 2	<u>Dreams & Goals</u> Personal Learning Goals Steps To Success My Dream For The World Helping To Make a Difference 1 Helping To Make a Difference 2 Recognising Our Achievements	<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: Real or Fake? Safe or Unsafe? Using Technology Responsibly	<u>Changing Me</u> My Self-Image Puberty Boyfriends & Girlfriends Real Self and Ideal Self The Year Ahead