

PSHE Yearly Overview 2026 - 2027

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Recognising the different zones How our actions affect others When am I in different zones? How does my body react in different zones? What are my triggers? Exploring tools Identifying my tools Size of the problem	Keeping safe on bonfire night Healthy families and disagreements Friendship conflict Bullying Learning who to trust Stereotyping: Gender Stereotyping: age	Appropriate levels of touch Emergencies Washing hands Road safety Who keeps me safe?	Wonderful me Sleep Basic first aid Using medicines safety Dangers in the home including leaning out of windows Staying safe around strangers	Rights and responsibility Why do we have rules? Railway safety Safety Signs Stealing vs borrowing Plastic pollution What's in my community? Who helps in the community?	Jobs Different ways to pay How money effects emotions AI Fair or unfair to use Celebrating differences Tolerance
Year 4	Zones of Regulation How to maintain healthy relationships Celebrating differences Unhealthy relationships	Bonfire night safety Fire safety Hazard risk danger Anti-bully Week Danger signs Dares	Sleep Sugar Exercise Mental health Toolkits	Online age restrictions Adverts Editing and fake images including use of AI Body image	Human rights Rules British Values Diverse community racism	First aid Helping out at home Chores How are payments changing? Debit vs Credit

	Resolving conflict Self-esteem – jealousy Personal Identity Halloween	Railway safety Level crossing Christmas – giving vs receiving	Being safe with medication	Private and public sharing Gaming and online spending	Climate Change Travel and transport Local MP's - changes	Career choices Career stereotypes Reflection
Year 5	Zones of Regulation civil partnerships and marriage changes within families Healthy and unhealthy relationships Balancing the needs and wishes of different people assertive, aggressive and passive behaviour peer pressure ways to reconcile differences	Bonfire Night Railway safety On the tracks AI pros and cons Coming home on time Changes and loss Being lonely Christmas – thinking of others	What is a drug? Risks of legal drugs (medicines) Risks of cigarettes Risks of e-cigarettes and vaping Risks of alcohol What are illegal drugs?	Climate change: Water use Being part of the community Keeping safe in the local area Needs vs wants in spending choices Different career paths	Growing and changing Growing and changing – emotions Puberty Relationships x 2 Manipulated images on media	Dangers over the summer – water safety focus How to recognise early signs of physical illness How to make an emergency services call Basic first aid – severe bleed, head injury and seizure Sun safety Vaccinations Reflect on achievements

Year 6	Zones of Regulation Accepting others Actions and consequences Actions effecting others - Racism Types of families Peer Pressure (exploitation) Using AI chatbots linked to friendships and feeling lonely 9 protected characteristics	Anti-social behaviour on bonfire night Unhealthy friendships 'Toxic' friendships Physical and mental health Recognising triggers (Zones) Sleep – affecting health Keeping safe online Do you know who you're talking to? Fast fashion	Challenging negative gender stereotypes Editing and filtered pictures in the media Links to AI Self-esteem How do banks work? What is tax?	YGAM: Gambling within games x 3 Keeping money safe/ scams In-app purchases How money affects feelings and finding a work life balance-jobs	What it means to be an adult Puberty recap/ Periods Emotions during puberty Reproduction Consent – healthy romantic relationships Sharing images online	Human rights /children's rights Transition x 2 Rail safety x 2 Case study – electrical lines First aid – minor burns, scalds, heart attacks and fractures Reflection on achievements
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