

The Harmony Trust PSHE Subject Overview Spring 1 (January 2026)

Key Themes

Health and Well-being	Relationships Education	Living in the Wider World
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Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Taught across all areas of provision</p>	<p>Keeping Safe</p> <ul style="list-style-type: none"> - Medicine Safety - Sun Safety - Road Safety - Strangers - Worry - Safer Internet 	<p>Changing & Growing</p> <ul style="list-style-type: none"> - Similarities & Differences - The Human Body - Respecting our bodies - Respecting difference - Brushing Teeth - Safer Internet 	<p>Resilience/Keeping Safe</p> <ul style="list-style-type: none"> - Bullying - Bystanders <p><u>Zippy Module 6:</u></p> <ul style="list-style-type: none"> - Coping Strategies - Cyber-bullying - Road Safety - Railway Safety 	<p>Economic Awareness</p> <p>Managing Money</p> <ul style="list-style-type: none"> - The value of money - Money Choices - Spending - Managing Money - Financial Management 	<p>Friendship</p> <p>Apple Module 3</p> <ul style="list-style-type: none"> - A good friend - Loneliness & rejection - Coping strategies - Trust - Conflict resolution - The Harmony Pledge 	<p>Healthy Relationships</p> <ul style="list-style-type: none"> - Boundaries - Appropriate Touch - Digital Boundaries - Reporting when feeling unsafe - Asking for advice

ASPIRATIONAL

HONEST

COMMUNICATOR

MOTIVATIONAL

CONFIDENT

PROBLEM SOLVER

COOPERATIVE

RESILIENT

CREATIVE

TOLERANT