

The Harmony Trust PSHE Subject Overview Autumn 2 (November 2025)

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>Feelings</p> <p>Zippy Module 1</p> <ul style="list-style-type: none"> - Sad/Happy - Angry/Annoyed - Jealousy - Nervous <p>The Harmony Pledge</p> <ul style="list-style-type: none"> - Pledge Booklet - Character Competencies 	<p>Making & Breaking Relationships</p> <p>Zippy Module 3</p> <ul style="list-style-type: none"> - Friendship - Conflict - Strengthening Relationships 	<p>Healthy Lifestyles</p> <ul style="list-style-type: none"> - Exercise - Hygiene - Spreading of germs - Nutrition - Balanced Diet 	<p>Physical, Emotional & Mental Health</p> <ul style="list-style-type: none"> - Physical & Mental Health 	<p>Nutrition and Food</p> <ul style="list-style-type: none"> - Calories - Nutrition - Poor Diet - Healthy Diet - Balanced Diet - Vaccinations 	<p>Changes</p> <ul style="list-style-type: none"> - Life Changes - Change <p>Loss</p> <p>Apple Module 5</p> <ul style="list-style-type: none"> - Loss - Family Relationships - Mental Health
	<p>Feelings</p> <p>Apple Module 1</p> <ul style="list-style-type: none"> - Our Feelings - How to feel better - Waking Up - Self-Awareness - Goal Setting 					

ASPIRATIONAL

HONEST

COMMUNICATOR

MOTIVATIONAL

CONFIDENT

PROBLEM SOLVER

COOPERATIVE

RESILIENT

CREATIVE

TOLERANT