



# BROOKSIDE PRIMARY SCHOOL

## Whole School PSHE Curriculum Overview 2025-26

	Autumn Relationships			Spring Living in the Wider World			Summer Health and Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
<b>Robin</b>	Families and Friends  Role of different family members.	Safe Relationships  Bodies and feelings can be hurt	Respect  How our behaviour affects others	Belonging to a community  What rules are; caring for others' needs; looking after the environment	Media literacy and Digital resilience  Using the internet and digital devices; communicating online	Money and Work  Strengths and interests; jobs in the community	Physical health and Mental wellbeing  Keeping healthy; food and exercise; hygiene routines; sun safety	Growing and changing  Recognising what makes them unique and special; feelings; managing when things go wrong	Keeping safe  How rules and age restrictions help us; keeping safe online
<b>Blackbird</b>	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; Expressing feelings	Personal strengths and achievements; managing and Reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
<b>Starling</b>	Managing friendships and peer influence	Feeling safe	Responding respectfully to a wide range of people;	Protecting the environment; compassion	How information online is targeted;	Identifying job interests and aspirations;	Healthy sleep habits; sun safety; medicines,	Physical and emotional changes in	Keeping safe in different situations, including



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			recognising prejudice and discrimination	towards others	different media types, their role and impact	what influences career choices; workplace stereotypes	vaccinations, immunisations and allergies	puberty; external genitalia; personal hygiene routines.	responding in emergencies and first aid.
<b>Goldfinch</b>	Positive friendships and relationships	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Physical and emotional changes in puberty; external genitalia; Increasing independence ; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media