



PSHE Long Term Curriculum Overview 2025-26

	Autumn Term A	Autumn Term B	Spring Term A	Spring Term B	Summer Term A	Summer Term B
F1	<p>Ourselves: children will look at how their own actions affect others when being introduced to their new environment.</p> <p>Children will learn to separate with familiar adults for long periods of time (leaving parents for the first time).</p>	<p>Children will start to engage with each other and learn the importance of turn taking and sharing.</p> <p>Children will start to respond to a few appropriate boundaries as they learn the school routines.</p>	<p>Children will start to demonstrate a sense of self as an individual.</p> <p>Children will start to express their own feelings.</p>	<p>Children will become more independent and will start to express their own preferences and interests.</p> <p>Children will develop friendships with other children.</p>	<p>Children will enjoy the sense of responsibility when caring out small tasks (caring for growing plants etc.)</p> <p>Children will start to demonstrate friendly behaviours and collaborate with others when playing (working together to build a farm or robot)</p>	<p>Children will become more confident and independent when selecting resources. Children will start to accept the needs of others.</p>
F2	<p>Managing Self- Selecting and using resources with help</p> <p>Self- regulation- Describing self in positive terms</p> <p>Building Relationships- Listen to one another and show respect when doing so</p>	<p>Managing Self- Showing confidence in asking adults for help</p> <p>Self- regulation- Being confident to speak to others about needs, wants, interests, opinions</p> <p>Building Relationships- Initiating conversation and taking into account what others say</p>	<p>Managing Self- Willingly participate in a wide range of activities</p> <p>Self- regulation- Moderating their feelings when they are upset</p> <p>Building Relationships- Playing cooperatively with others and taking to account their ideas</p>	<p>Managing Self- Showing resilience and perseverance in the face of challenge</p> <p>Self- regulation- Choosing the resources they need for a given activity</p> <p>Building Relationships- Showing sensitivity to others' feelings</p>	<p>Managing Self- Explain the reasons for rules, know right from wrong and try to behave accordingly</p> <p>Self- regulation- Show understanding of their feelings and those of others- begin to regulate behaviour</p> <p>Building Relationships- Work and play cooperatively and take turns with others</p>	<p>Managing Self- Manage their own basic hygiene and needs including dressing and toileting</p> <p>Self- regulation- Set and work towards simple goals being able to wait for what they want and control impulses</p> <p>Building Relationships- Form positive attachments to adults and friendships with peers</p>
Year 1	<p>Healthy Lifestyles and Physical Wellbeing - Describing different ways of keeping healthy.</p> <p>Mental Health - Describing different feelings and how they can affect us.</p>	<p>Growing and Changing - Describing how children grow and change and identifying what makes us special and unique.</p> <p>Drugs, Alcohol, Tobacco and Keeping Safe - Know when and how to take medicines safely and to recognise risk in everyday situations.</p>	<p>Families - Identify common features of family life.</p> <p>Friendships - Describing the features of a good friendship.</p>	<p>Managing Hurtful Behaviour and Bullying - Explain that feelings and bodies can be hurt by words and actions.</p> <p>Respecting Self and Others - Understanding people's differences and the importance of respecting privacy.</p>	<p>Shared Responsibilities and Communities - Explain the importance of rules in different situations.</p> <p>Media and Digital Resilience - Know about the role of the internet in everyday life.</p>	<p>Economic Wellbeing and Money - Know what money is and where it comes from.</p> <p>Aspirations, Work and Career - Understand that jobs help people to earn money to pay for things.</p>
Year 2	<p>Healthy Lifestyles and Physical Well-Being - Know foods and medicines support good health and how to stay safe in the sun.</p> <p>Mental Health - Name and recognise different feelings and how to share and manage feelings e.g. change, loss and transitions.</p>	<p>Growing and Changing - Name the main parts of the body, describe the differences between male and females and understand that making a new life needs a male and a female.</p> <p>Drugs, Alcohol Tobacco and keeping safe - Identify substances and situations that are safe and unsafe, know basic rules and regulations and how to get help in an emergency.</p>	<p>Families - Know about the different roles people play in our lives and identify different types of families.</p> <p>Friendships - Know how to recognise when someone is lonely and simple strategies to resolve arguments between friends positively.</p>	<p>Managing Hurtful behaviour and bullying - Know that hurtful behaviour is not acceptable, how people feel if they experience hurtful behaviour or bullying and how to report bullying.</p> <p>Respecting self and others - Know there are situations where they should be asked permission and to know basic techniques for resisting pressure to do something.</p>	<p>Shared responsibilities and Communities - Know how to treat themselves and others with respect, recognise differences and know different groups they belong to.</p> <p>Media and Digital resilience - Know how the internet and digital services can be used safely and understand that not all people or information seen online is genuine and true.</p>	<p>Economic Well-Being and Money - Know that people make choices about how to save and spend money and identify the differences between needs and wants.</p> <p>Aspirations, Work and career - Know different jobs that people in the community do and the strengths and interests needed to do different jobs.</p>
Year 3	<p>Healthy Lifestyles and Physical Wellbeing - Know how to make informed decisions about health, the elements of a balanced, healthy lifestyle and good physical health.</p> <p>Mental Health - Know that mental health is part of everyday life and the importance of expressing feelings.</p>	<p>Growing and Changing - Explore the differences between male and female bodies and know about personal identity.</p> <p>Drugs, Alcohol, Tobacco and Keeping Safe - Know about the risks and effects of legal drugs, considering smoking and its effects and know strategies for keeping safe.</p>	<p>Families - Recognise different types of relationships and families and identify the characteristics of healthy family life.</p> <p>Friendships - Know about the importance of friendships and how to seek support if feeling lonely or excluded.</p>	<p>Managing Hurtful Behaviour and Bullying - Know about the impact of bullying and the consequences of hurtful behaviour.</p> <p>Respecting Self and Others - Know about privacy and personal boundaries and how to respond safely and appropriately to physical contact, giving consent.</p>	<p>Shared Responsibilities and Communities - Recognise reasons for rules, laws and human rights and understand what living in a community means.</p> <p>Media and Digital Resilience - Recognise ways in which the internet and social media can be used positively and negatively.</p>	<p>Economic Wellbeing and Money - Know different ways to pay for things and different ways to keep track of money.</p> <p>Aspirations, Work and Career - To recognise positive things about themselves and their achievements and to know a broad range of jobs/careers that people can have.</p>

Year 4	<p>Managing hurtful behaviour and bullying - Know how to respond to hurtful behaviour online and offline and where to seek support.</p> <p>Friendships - Know what constitutes a positive healthy relationship</p>	<p>Families - Know about marriage and civil partnership and know the features of positive family life.</p> <p>Drugs alcohol tobacco and keeping safe - Understand the effect alcohol has on the body and the risks associated with drinking alcohol.</p>	<p>Aspirations, work and career - Know what might influence people's decisions about a job or career.</p> <p>Growing and changing - Identify external genitalia and internal reproductive organs and explore how puberty is linked to reproduction.</p>	<p>Mental Health - Know strategies and behaviours that support mental health and explore how change and loss can affect feelings.</p> <p>Shared responsibilities and communities - Recognise individuality and personal qualities and to respect the similarities and differences between people.</p>	<p>Respecting self and others - Recognise different types of physical contact; what is acceptable and unacceptable.</p> <p>Healthy lifestyles and physical well being - Know what constitutes a healthy diet, how to maintain good oral health and the benefits and risks of sun exposure</p>	<p>Economic wellbeing and money - Recognise that people have different attitudes towards spending and saving money.</p> <p>Money Heroes - Financial Education To value the different contributions that people & groups make to the community</p> <p>Media and digital resilience - Know how to test the reliability of sources online</p>
Year 5	<p>Healthy lifestyles and physical well being - Know about choices that support a healthy lifestyle such as the benefits of regular exercise.</p> <p>Mental Health - Know that feelings can change over time, to recognise the warning signs about mental health and know where to seek support.</p>	<p>Growing and changing - Know about the physical and emotional changes during puberty and understand how puberty affects the reproductive organs.</p> <p>Drugs alcohol tobacco and keeping safe - Explore a range of drugs, attitudes towards drug use and consider strategies to resist drugs.</p>	<p>Families - Recognise and respect different types of family structure and know that forced marriage is a crime.</p> <p>Friendships - Know that friendships have ups and downs and strategies to resolve disputes.</p>	<p>Managing hurtful behaviour and bullying - Recognise things that should/shouldn't be shared online and identify scenarios that involve grassing or grooming.</p> <p>Respecting self and others - Recognise the importance of self-respect and identify personal strengths, skills and achievements. To identify situations that involve grassing and grooming.</p>	<p>Shared responsibilities and communities - Know the importance of compassion towards others and the benefits of living in a diverse community.</p> <p>Media and digital resilience - Know about the benefits of the internet and the importance of balancing time online.</p>	<p>Economic wellbeing and money - Know that people's spending decisions can affect others and the risks associated with money.</p> <p>Aspirations, work and career - Know that some jobs are paid more than others and identify skills to help them with future careers.</p>
Year 6	<p>Healthy Lifestyles and Physical Wellbeing - Recognise how habits, sleep, hygiene and medicines contribute to a healthy lifestyle.</p> <p>Mental Health - Know problem solving strategies to deal with emotions and transitions.</p>	<p>Families - Recognise when family relationships are making you feel unsafe and where to get help.</p> <p>Friendships - Know strategies for recognising and managing peer influence and peer approval in friendships.</p>	<p>Drugs, Alcohol, Tobacco and Keeping Safe - Understand the risks relating to cannabis and VSA.</p>	<p>Managing hurtful behaviour and bullying - Know how to discuss and debate topical issues constructively.</p> <p>Respecting Self and Others - Know about prejudice, stereotypes, discrimination and extremism. Critical thinking skills to resist radicalisation and extremism</p>	<p>Shared Responsibilities and Communities - Know ways of carrying out shared responsibilities and protecting the environment.</p> <p>Media and Digital Resilience - Know how information is ranked, selected and targeted and how information and images can be manipulated for a purpose.</p> <p>Economic Wellbeing and Money - Recognise that spending decisions are based on priorities, needs and wants and to know the risks associated with gambling.</p>	<p>Aspirations, Work and Careers - Recognise a job they might like when they are older and to recognise a variety of routes into careers.</p> <p>Growing and Changing - Describe how the body changes during puberty in preparation for reproduction and that gender identity may not correspond to biological sex.</p>