



PSHE overview 2025- 2026



Enrichment

Nursery	<ul style="list-style-type: none"> • Marvellous me topic – What I like • Colour monster theme • Forest school 			<ul style="list-style-type: none"> • Hello Yellow • Anti-bullying week activities
EYFS	<ul style="list-style-type: none"> • Zones of regulation • Magical me- Families, likes and dislikes • Feelings corner 	<ul style="list-style-type: none"> • Role -play corner • Continuous provision • First Aid Area • Oral hygiene • Forest school 		<ul style="list-style-type: none"> • Hello Yellow • Anti-bullying week activities • Mini-First Aid Sessions • NSPCC Pantosaurus • Forest school
Year 1	<ul style="list-style-type: none"> • All around us 	<ul style="list-style-type: none"> • Feelings and Special people • Staying safe 	<ul style="list-style-type: none"> • Healthy me • Money Matters 	<ul style="list-style-type: none"> • Hello Yellow • Mini – First Aid • NSPCC Pantosaurus • Forest school
Year 2	<ul style="list-style-type: none"> • Healthy bodies • Feeling included 	<ul style="list-style-type: none"> • Healthy minds • Different types of families 	<ul style="list-style-type: none"> • Social responsibility • Consent 	<ul style="list-style-type: none"> • Hello Yellow • Mini – First Aid • Forest school
Year 3	<ul style="list-style-type: none"> • What I like • Stereotypes 	<ul style="list-style-type: none"> • Celebrating achievements and being resilient • Being part of a community 	<ul style="list-style-type: none"> • Exercise • Safety online 	<ul style="list-style-type: none"> • Hello Yellow • Mental Health workshop • Anti-bullying Signing Choir • Forest school
First Aid	Calling for help	Head injuries	Bites and stings	
Year 4	<ul style="list-style-type: none"> • Human rights • Falling out and making up 	<ul style="list-style-type: none"> • Respect • Emergency situations 	<ul style="list-style-type: none"> • Nutrition and dental health • Money matters 	<ul style="list-style-type: none"> • Hello Yellow • Mental Health workshop • Anti-bullying Signing Choir • Pride – The story of Harvey Milk • Forest school
First Aid	Calling for help	Head injuries	Asthma	
Year 5	<ul style="list-style-type: none"> • Loss and bereavement • Changes in friendships 	<ul style="list-style-type: none"> • Body image • Fake news 	<ul style="list-style-type: none"> • Life in plastic • Consent 	<ul style="list-style-type: none"> • Hello Yellow • Mental Health workshop • Anti-bullying Signing Choir • Well-being warriors • NSPCC – keeping safe talk • Rocket Resilience training • Forest school
First Aid	Calling for help	Head injuries	Bleeding	
Year 6	<ul style="list-style-type: none"> • Anti-social behaviour and role of the police • E-safety and social media 	<ul style="list-style-type: none"> • Mental and emotional health • Drugs and alcohol 	<ul style="list-style-type: none"> • Global and sustainable development goals 	<ul style="list-style-type: none"> • Hello Yellow • Mental Health workshop • Anti-bullying Signing Choir

First Aid	Calling for help	Head injuries	Choking	<ul style="list-style-type: none">Well-being warriorsPolice visitForest school
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