

PSHE Overview 2025-2026

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Pre School	We'll create a warm, predictable routine so children feel safe and happy. We'll encourage children to share things about themselves and their families, and get to know their friends through simple activities. We'll start to help children name basic feelings like happy, sad, and sleepy.	We'll help children understand a wider range of feelings through stories and puppets. We'll teach simple ways to calm down, like taking a deep breath or finding a quiet space. Begin Calming kitten breathing activities. We'll encourage sharing toys and taking turns during play.	We'll talk about what it means to be kind and practice friendly actions. We'll encourage playing together and working as a team on simple tasks. We'll help children learn how to sort out small disagreements with words.	We'll give children choices and support them in trying new activities. We'll help children understand and manage different feelings, encouraging them to talk about how they feel. We'll encourage children to help others and take on small responsibilities.	We'll talk about how everyone is special and unique, celebrating our differences. We'll help children find good ways to talk about their feelings and listen to others. We'll encourage listening to others' ideas and showing respect.	We'll celebrate all the amazing things children have learned and achieved. We'll help children feel ready for new experiences, like moving to a new class or school. We'll encourage children to be independent and show kindness as they transition.
Reception School Values and PSED Starter of lessons: Check-ins and breathing exercises	Kindness Cards for our School Value. Key learning: Talk about their feelings and recognise emotions in others. Build positive relationships with adults and peers	Respectful cards for our School Value. Key learning: Talk about their feelings and recognise emotions in others.	Cooperation Key learning: Build positive relationships with adults and peers Understand rules and routines	Wellbeing Key learning: Understand rules and routines Begin to understand how to keep themselves safe and healthy	Honesty Key learning: Talk about their feelings and recognise emotions in others Build positive relationships with adults and peers	Resilience Key learning: Talk about their feelings and recognise emotions in others Build positive relationships with adults and peers

PSHE Overview 2025-2026

Zones of Regulation PSED Lessons Calming Kittens used as interventions	Show care and respect for others Vocab: zones of regulation, feelings, happy, sad, angry, frustrated, kindness Week 1: Kindness - Smartest Giant In Town Week 2: Kindness - Kind words (Kapow Unit Wellbeing) Week 3: Kind Hands Activity Week 4: Rainbow Fish - Kindness Week 5: My Superpower is Kindness Week 6: Introduce Zones of Regulation	Build positive relationships with adults and peers Show care and respect for others Vocab: respect, kind share, rules, safe, healthy Week 1: Discussion around what respect means, use the story 'All Are Welcome'. Week 2: Gratitude is my superpower Week 3: Discussion about respecting everyone, using the book 'The Perfect Fit'. Week 4: Respecting each other's bodies and privacy. (NSPCC Pants Private). Week 5: Circle Time - compliment ball roll.	Show care and respect for others Vocab: cooperation, respect, kind share, rules, safe, healthy Week 1: Circle time game: empty the box. Week 2: STEM challenge: protect the egg and work together to work out which material will work best. Week 3: STEM challenge: move across the river only using a small number of mats/planks. Week 4: Don't drop the hoop game. Week 5: Dishes and Domes	Vocab: wellbeing, rules, safe, healthy Week 1: Healthy eating. Discussions around choosing and eating healthy snacks. Eatwell Plate (Phunky Food) Week 2: Bedtime routine and personal hygiene Week 3: Learn about oral hygiene - toothbrushing chart Week 4: Learn about limiting screen time Week 5: Healthy Mind - Cosmic Yoga/breathing Week 6: Healthy body - Exercising	Show care and respect for others Vocab: honesty, respect, kind, share, rules Week 1: What is honesty? Read the story Honesty is my Superpower Week 2: Circle time - reading 'Finn's Fibs'. Week 3: Circle time - reading the story 'The Tiddler'. Week 4: Discuss the tale 'The Boy Who Cried Wolf'. Week 5: Role play being honest. Book: Hippo eats the cake Week 6: Circle time around how important honesty is	Show care and respect for others Vocab: resilience, respect, kind, rules, safe, healthy Week 1: Introduce what resilience is. Use the story, 'Giraffes can't dance'. Week 2: Carousel of games: build towers, board games, obstacle courses, races. Lot's of stories and games that develop resilience, and also ties in with transition.
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PSHE Overview 2025-2026

		Week 6: Respect Game	Week 6: Parachute Games			
Year 1	Family and Relationships	Health and Wellbeing	Safety and the changing body	Citizenship	Economic Wellbeing	Transition
Year 2	Family and Relationships	Health and Wellbeing	Safety and the changing body	Citizenship	Economic Wellbeing	Transition
Year 3	Family and Relationships	Health and Wellbeing	Safety and the changing body	Citizenship	Economic Wellbeing	Transition
Year 4	Family and Relationships	Health and Wellbeing	Safety and the changing body	Citizenship	Economic Wellbeing	Transition
Year 5	Family and Relationships	Health and Wellbeing	Safety and the changing body	Citizenship	Economic Wellbeing	Transition
Year 6	Family and Relationships	Health and Wellbeing	Safety and the changing body	Citizenship	Economic Wellbeing	Transition

PSHE Overview 2025-2026



Suggested long-term plan: RSE & PSHE - Outline (Year 1)

Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
Week 1	Family and relationships (7 lessons) Lesson 1: What is family?	Lesson 6: Sun safety	Lesson 2: Caring for others: Animals
Week 2	Lesson 2: What are friendships?	Lesson 7: Allergies	★ Optional: Extend the unit by visiting a farm or a different animal-centre to learn more about animal care.
Week 3	Lesson 3: Recognising other people's emotions	Lesson 8: People who help keep us healthy	Lesson 3: The needs of others
Week 4	Lesson 4: Working with others	Safety and the changing body (8 lessons) Lesson 1: Adults in school	Lesson 4: Similar, yet different
Week 5	Lesson 5: Friendship problems	Lesson 2: Adults outside school	Lesson 5: Belonging
Week 6	Lesson 6: Healthy friendships	Lesson 3: Getting lost	Lesson 6: Democratic decisions
Week 7	Lesson 7: Gender stereotypes	Lesson 4: Making an emergency phone call	Economic wellbeing (6 lessons) Lesson 1: What is money?
Week 8	Health and wellbeing (8 lessons) Lesson 1: Understanding my emotions	Lesson 5: Appropriate contact	Lesson 2: Keeping money safe
Week 9	Lesson 2: What am I like?	Lesson 6: Safety with substances	Lesson 3: What is a bank?
Week 10	Lesson 3: Ready for bed	Lesson 7: Safety at home	Lesson 4: Saving and spending
Week 11	Lesson 4: Relaxation	Lesson 8: People who help keep us safe	Lesson 5: Jobs in school
Week 12	Lesson 5: Hand washing and personal hygiene	Citizenship (6 lessons) Lesson 1: Rules	Lesson 6: Jobs out of school
Transition			Transition lesson Individual strengths and new skills

PSHE Overview 2025-2026

Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
Week 1	Family and relationships (7 lessons) Lesson 1: Families offer stability and love	Lesson 7: Looking after our teeth	Lesson 3: Our local environment
Week 2	Lesson 2: Families are all different	Safety and the changing body (8 lessons) Lesson 1: Introduction to the internet	Lesson 4: Job roles in our local community
Week 3	Lesson 3: Other people's' feelings	Lesson 2: Communicating online	Lesson 5: Similar yet different - my local community
Week 4	Lesson 4: Unhappy friendships	Lesson 3: Secrets and surprises	Lesson 6: School council
Week 5	Lesson 5: Introduction to manners and courtesy	Lesson 4: Appropriate contact: My private parts	Lesson 7: Giving my opinion
Week 6	Lesson 6: Change and loss	Lesson 5: Appropriate contact: My private parts are private	★ Extend the unit, or put into practise some of the improvements to the school environment from Lesson 2 (eg plant flowers, litter picking, cleaning)
Week 7	Lesson 7: Gender stereotypes: Careers and jobs	Lesson 6: My personal boundaries	Economic wellbeing (6 lessons) Lesson 1: Where does money come from?
Week 8	Health and wellbeing (7 lessons) Lesson 1: Experiencing different emotions	Lesson 7: Road safety	Lesson 2: Exploring wants
Week 9	Lesson 2: Being active	Lesson 8: Crossing roads safely	Lesson 3: Exploring needs
Week 10	Lesson 3: Relaxation: Breathing exercise	Lesson 9: Staying safe with medicine	Lesson 4: Bank cards and accounts
Week 11	Lesson 4: Steps to success	Citizenship (7 lessons) Lesson 1: Rules beyond school	Lesson 5: My skills and talents
Week 12	Lesson 5: Developing a growth mindset	Lesson 2: Our school environment	Lesson 6: Everyone is welcome
Week 13	Lesson 6: Healthy diet		
Transition			Transition lesson Change

PSHE Overview 2025-2026



Suggested long-term plan: RSE & PSHE - Outline (Year 3)

Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
Week 1	Family and relationships (8 lessons) Lesson 1: Healthy families	Lesson 6: Communicating my feelings - coming soon!	Lesson 3: Recycling
Week 2	Lesson 2: Friendship conflict	Lesson 7: Diet and dental health	Lesson 4: Local community groups
Week 3	Lesson 3: Friendship conflict versus bullying	Safety and the changing body (8 lessons) Lesson 1: First Aid: Emergencies and calling for help	Lesson 5: Charity
Week 4	Lesson 4: Effective communication	Lesson 2: First Aid: Bites and stings	Lesson 6: Local democracy
Week 5	Lesson 5: Learning who to trust	Lesson 3: Be kind online	Lesson 7: Rules
Week 6	Lesson 6: Respecting differences in others	Lesson 4: Cyberbullying	★ Extend the unit, or set up a mock election to demonstrate how democracy works.
Week 7	Lesson 7: Stereotyping gender	Lesson 5: Fake emails	Economic wellbeing (6 lessons) Lesson 1: How do people pay for things?
Week 8	Lesson 8: Stereotyping age	Lesson 6: Making choices	Lesson 2: What does budgeting mean?
Week 9	Health and wellbeing (6 lessons) Lesson 1: My healthy diary	Lesson 7: Influences	Lesson 3: How do people feel about money?
Week 10	Lesson 2: Relaxation	Lesson 8: Keeping safe out and about	Lesson 4: What happens when people spend money?
Week 11	Lesson 3: Wonderful me	Citizenship (7 lessons) Lesson 1: Rights of the child	Lesson 5: What careers do people have?
Week 12	Lesson 4: My superpowers	Lesson 2: Rights and responsibilities	Lesson 6: Can anyone be anything?
Week 13	Lesson 5: Resilience breaking down barriers		
Transition			Transition lesson Coping strategies

PSHE Overview 2025-2026



Suggested long-term plan: RSE & PSHE - Outline (Year 4)

Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
Week 1	Family and relationships (8 lessons) Lesson 1: Respect and manners	Lesson 5: My happiness	Citizenship (6 lessons) Lesson 1: What are human rights?
Week 2	Lesson 2: Healthy friendships	Lesson 6: Emotions	Lesson 2: Caring for the environment
Week 3	Lesson 3: How my behaviour affects others	Lesson 7: Mental health	Lesson 3: Community
Week 4	Lesson 4: Bullying	Safety and the changing body (8 lessons) Lesson 1: Internet safety: Age restrictions	Lesson 4: Contributing
Week 5	Lesson 5: Stereotypes: Gender	Lesson 2: Share aware	Lesson 5: Diverse communities
Week 6	Lesson 6: Stereotypes: Disability	Lesson 3: First Aid: Asthma	Lesson 6: Local councillors
Week 7	Lesson 7: Families in the wider world	Lesson 4: Privacy and secrecy	Economic wellbeing (6 lessons) Lesson 1: What is value for money?
Week 8	Lesson 8: Change and loss	Lesson 5: Consuming information online	Lesson 2: Why keep track of money?
Week 9	Health and wellbeing (7 lessons) Lesson 1: Looking after our teeth	Lesson 6: Growing up	Lesson 3: What ways are there to look after money?
Week 10	Lesson 2: Relaxation: Visualisation	Lesson 7: Introducing puberty	Lesson 4: What influences career choices?
Week 11	Lesson 3: Celebrating mistakes	Lesson 8: Tobacco	Lesson 5: Why make a career change?
Week 12	Lesson 4: Meaning and purpose: My role	★ Extend the unit, or allow children time to explore the Thinkuknow website about online safety	Lesson 6: How can workplace stereotypes be challenged?
Transition			Transition lesson Setting goals

PSHE Overview 2025-2026



Suggested long-term plan: RSE & PSHE - Outline (Year 5)

Week	Autumn	Spring	Summer
Introduction	Introduction: Setting ground rules for RSE & PSHE		
Week 1	Family and relationships (8 lessons) Lesson 1: Build a friend	Lesson 5: Taking responsibility for my feelings	Lesson 3: Protecting the planet
Week 2	Lesson 2: Friendship skills	Lesson 6: Healthy meals	Lesson 4: Contributing to the community
Week 3	Lesson 3: Marriage	Lesson 7: Sun safety	Lesson 5: Pressure groups
Week 4	Lesson 4: Respecting myself	Safety and the changing body (7 lessons) Lesson 1: Online friendships	Lesson 6: Parliament
Week 5	Lesson 5: Family life	Lesson 2: Staying safe online	★ Optional: Extend the unit by spending time looking at the activities in the Parliament booklets available to order here .
Week 6	Lesson 6: Bullying	Lesson 3: Puberty	Economic wellbeing (6 lessons) Lesson 1: Why prioritise needs over wants?
Week 7	Lesson 7: Stereotyping: gender	Lesson 4: Menstruation	Lesson 2: What is a weekly budget?
Week 8	Lesson 8: Stereotypes: Race and religion	Lesson 5: Emotional changes in puberty	Lesson 3: What is borrowing and loaning?
Week 9	Health and wellbeing (7 lessons) Lesson 1: Relaxation: Yoga	Lesson 6: First Aid: Bleeding and head injuries.	Lesson 4: What are the risks of handling money online?
Week 10	Lesson 2: The importance of rest	Lesson 7: Alcohol, drugs and tobacco: Making decisions	Lesson 5: Why challenge workplace stereotypes?
Week 11	Lesson 3: Embracing failure	Citizenship (6 lessons) Lesson 1: Breaking the law	Lesson 6: What makes a suitable career?
Week 12	Lesson 4: Going for goals	Lesson 2: Rights and responsibilities	
Transition			Transition lesson: Roles and responsibilities

PSHE Overview 2025-2026



Suggested long-term plan: RSE & PSHE - Outline (Year 6)

Week	Autumn	Spring	Summer
Introduction	Introductory lesson: Setting rules and signposting		
Week 1	Family and relationships (6 lessons) Lesson 1: Respect	Lesson 7: Good and bad habits	Lesson 3: Caring for others
Week 2	Lesson 2: Respectful relationships	Lesson 8: Physical health concerns	Lesson 4: Prejudice and discrimination
Week 3	Lesson 3: Stereotypes: Attitudes	Safety and the changing body (8 lessons) Lesson 1: Alcohol	Lesson 5: Valuing diversity
Week 4	Lesson 4: Challenging stereotypes	Lesson 2: Critical digital consumers	Lesson 6: National democracy
Week 5	Lesson 5: Resolving conflict	Lesson 3: Social media	Economic wellbeing (6 lessons) Lesson 1: How do people navigate their feelings about money?
Week 6	Lesson 6: Change and loss	Lesson 4: Physical and emotional changes of puberty	Lesson 2: How do people keep money safe?
Week 7	Health and wellbeing (8 lessons) Lesson 1: What can I be?	Lesson 5: Conception <i>Parents have a right to withdraw their child from part of this lesson</i>	Lesson 3: What money responsibilities are there in secondary school?
Week 8	Lesson 2: Relaxation: Mindfulness	Lesson 6: Pregnancy and birth <i>Parents have a right to withdraw their child from this lesson</i>	Lesson 4: What are the risks of gambling?
Week 9	Lesson 3: Taking responsibility for my health	Lesson 7: First Aid: Choking	Lesson 5: What is a workplace?
Week 10	Lesson 4: The impact of technology on health	Lesson 8: First Aid: Basic life support	Lesson 6: What career routes are there?
Week 11	Lesson 5: Resilience toolbox	Citizenship (6 lessons) Lesson 1: Human rights	Identity (2 lessons) Lesson 1: What is identity?
Week 12	Lesson 6: Immunisation	Lesson 2: Food choices and the environment	Lesson 2: Identity and body image
Transition			Transition lesson: Dealing with change