

Personal, Social and Emotional Development (PSHE) (School Year 2024-25) Year B

Pre-school	<i>Marvellous me! I'm special People who are special to me</i>	<i>Me and my friends Friends and family Including everyone</i>	<i>People who help me and keep me safe Safety indoors and outdoors What's safe to go into my body</i>	<i>looking after myself looking after others looking after my environment</i>	<i>What does my body need? I can keep trying I can do it!</i>	<i>Growing and changing in nature When I was a baby Girls, boys and families</i>
EYFS	<i>What makes me special People close to me Getting help</i>	<i>Similarities and difference Celebrating difference Showing kindness</i>	<i>Keeping my body safe Safe secrets and touches People who help to keep us safe</i>	<i>Looking after things: friends, environment, money</i>	<i>Keeping by body healthy – food, exercise, sleep Growth mindset</i>	<i>Life stages Girls and boys – similarities and difference</i>
KS1 & KS2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Units	<i>Me and My Relationships</i>	<i>Valuing Difference</i>	<i>Keeping Safe</i>	<i>Rights and Respect</i>	<i>Being my Best</i>	<i>Growing and Changing</i>
Years 1 & 2	<i>Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help</i>	<i>Being kind and helping others Celebrating difference People who help us Listening skills</i>	<i>Recognising and respecting diversity Being respectful and tolerant My community</i>	<i>Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes</i>	<i>Recognising and celebrating difference, including religions and cultural Influence and pressure of social media</i>	<i>Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping</i>
Years 3 & 4	<i>Taking care of things: Myself My money My environment</i>	<i>Cooperation Self-regulation Online safety Looking after money – saving and spending</i>	<i>Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money</i>	<i>Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money</i>	<i>Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending</i>	<i>Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy</i>
Year 5	<i>Recognising emotional needs Growth mindset Healthy eating Hygiene and health Cooperation</i>	<i>Growth mindset Looking after my body Hygiene and health Exercise and sleep</i>	<i>Keeping myself healthy and well Celebrating and developing my skills Developing empathy</i>	<i>Having choices and making decisions about my health Taking care of my environment My skills and interests</i>	<i>Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community</i>	<i>Aspirations and goal setting Managing risk Looking after my mental health</i>
Year 6	<i>Getting help Becoming independent My body parts</i>	<i>Life cycles Dealing with loss Being supportive Growing and changing Privacy</i>	<i>Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets</i>	<i>Body changes during puberty Managing difficult feelings Relationships including marriage</i>	<i>Managing difficult feelings Managing change How my feelings help keeping safe Getting help</i>	<i>Coping with changes Keeping safe Body image Sex education Self-esteem</i>

Personal, Social and Emotional Development (PSHE) (School Year 2025-26) Year A

Pre-school	<i>Marvellous me! I'm special People who are special to me</i>	<i>Me and my friends Friends and family Including everyone</i>	<i>People who help me and keep me safe Safety indoors and outdoors What's safe to go into my body</i>	<i>looking after myself looking after others looking after my environment</i>	<i>What does my body need? I can keep trying I can do it!</i>	<i>Growing and changing in nature When I was a baby Girls, boys and families</i>
EYFS	<i>What makes me special People close to me Getting help</i>	<i>Similarities and difference Celebrating difference Showing kindness</i>	<i>Keeping my body safe Safe secrets and touches People who help to keep us safe</i>	<i>Looking after things: friends, environment, money</i>	<i>Keeping my body healthy – food, exercise, sleep Growth mindset</i>	<i>Life stages Girls and boys – similarities and difference</i>
KS1 & KS2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Units	<i>Me and My Relationships</i>	<i>Valuing Difference</i>	<i>Keeping Safe</i>	<i>Rights and Respect</i>	<i>Being my Best</i>	<i>Growing and Changing</i>
Years 1 & 2	<i>Feelings Getting help Classroom rules Special people Being a good friend</i>	<i>Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation</i>	<i>Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss</i>	<i>Healthy relationships Listening to feelings Bullying Assertive skills</i>	<i>Feelings Friendship skills, including compromise Assertive skills Cooperation</i>	<i>Assertiveness Cooperation Safe/unsafe touches Positive relationships</i>
Years 3 & 4	<i>How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine safety Sleep</i>	<i>Safe and unsafe secrets Appropriate touch Medicine safety</i>	<i>Managing risk Decision-making skills Drugs and their risks Staying safe online</i>	<i>Managing risk Understanding the norms of drug se (cigarette & alcohol use) Influences Online safety</i>	<i>Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills</i>	<i>Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)</i>
Year 5	<i>Recognising emotional needs Growth mindset Healthy eating Hygiene and health Cooperation</i>	<i>Growth mindset Looking after my body Hygiene and health Exercise and sleep</i>	<i>Keeping myself healthy and well Celebrating and developing my skills Developing empathy</i>	<i>Having choices and making decisions about my health Taking care of my environment My skills and interests</i>	<i>Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community</i>	<i>Aspirations and goal setting Managing risk Looking after my mental health</i>
Year 6	<i>Getting help Becoming independent My body parts</i>	<i>Life cycles Dealing with loss Being supportive Growing and changing Privacy</i>	<i>Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets</i>	<i>Body changes during puberty Managing difficult feelings Relationships including marriage</i>	<i>Managing difficult feelings Managing change How my feelings help keeping safe Getting help</i>	<i>Coping with changes Keeping safe Body image Sex education Self-esteem</i>