



**DARWEN
ST JAMES**

Darwen St James' C of E Primary Academy

PSHE Overview 2026/2027

	Me and my relationships	Being my best	Keeping safe	Rights and respect	Valuing differences	Growing and Changing
Two's Class	Making relationships	Sense of self	Making relationships	Understanding emotions	Sense of self	Understanding emotions
Pre- school Class	1.1 Marvellous me 1.2 I'm special 1.3 People who are special	2.1 What does my body need 2.2 I can keep trying 2.3 I can do it	1.1 People who help me and keep me safe 1.2 Safety indoors and outdoors 1.3 what 's safe to go into my body	2.1 Looking after myself 2.2 Looking after others 2.3 Looking after my environment	1.1 Me and my friends 1.2 Friends and family 1.3 Including everybody	2.1 Growing and changing in nature 2.2 When i was a baby 2.3 Girls, boys and families
Reception Class	1.1 All about me 1.2 What makes me special 1.3 Me and my special people 1.4 Who can help me? 1.5 My feelings	2.1 Bouncing back when things go wrong 2.2 Yes, I can! 2.3 Healthy eating 2.4 My healthy mind 2.5 Move your body# 2.6 A good night's	1.1 What's safe to go onto my body 1.2 Keeping Myself Safe - What's safe to go into my body (including medicines) 1.3 Safe indoors and outdoors 1.4 Listening to my feelings (Purplemash overview)	2.1 Looking after my special people 2.2 Looking after my friends 2.3 Being helpful at home and caring for our classroom 2.4 Caring for our world	1.1 I'm special, you're special 1.2 Same and different 1.3 Same and different families 1.4 Same and different homes 1.5 I am caring	2.1 Seasons 2.2 Life stages - plants, animals, humans 2.3 Life Stages: Human life stage - who will I be? 2.4 Where do babies come from? 2.5 Getting bigger



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	1.6 My feelings (2)	sleep	1.5 Keeping safe online 1.6 People who help to keep me safe	2.5 Looking after money (1): recognising, spending, using 2.6 Looking after money (2): saving money and keeping it safe	1.6 I am a friend	2.6 Me and my body - girls and boys
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Year 1	1.1 Why we have classroom rules 1.2 How are you listening? 1.3 Thinking about feelings 1.4 Our feelings 1.5 Feelings and bodies 1.6 Good friend	2.1 I can eat a rainbow 2.2 Eat well 2.3 Harold's wash and brush up 2.4 Catch it! Bin it! Kill it! 2.5 Harold learns to ride his bike 2.6 Pass on the praise! 2.7 Inside my wonderful body	1.1 Super sleep 1.2 Who can help? (1) 1.3 Good or bad touches? 1.4 Sharing pictures 1.5 What could Harold do? 1.6 Harold loses Geoffrey	2.1 Harold has a bad day 2.2 Around and about the school 2.3 Taking care of something 2.4 Harold's money 2.5 How should we look after our money? 2.6 Basic first aid	1.1 Same or different? 1.2 Unkindness, teasing or bullying? 1.3 Harold's school rules 1.4 It's not fair! 1.5 Who are our special people? 1.6 Our special people balloons	2.1. Healthy me 2.2 Then and now 2.3 Taking care of a baby 2.4 Who can help? (2) (Purplemash overview) 2.5 Surprises and secrets 2.6 Keeping privates private
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Year 2	1.1 Our ideal classroom (1) 1.2 Our ideal classroom 1.3 How are you feeling today? 1.4 Let's all be happy! 1.5 Being a good friend 1.6 Types of bullying 1.7 Don't do that! 1.8 Bullying or teasing?	2.1 You can do it! 2.2 My day 2.3 Harold's postcard - helping us to keep clean and healthy 2.4 Harold's bathroom 2.5 What does my body do? 2.6 My body needs... 2.7 Basic first aid	1.1 Harold's picnic 1.2 How safe would you feel? (Purplemash overview) 1.3 What should Harold say? 1.4 I don't like that! 1.5 Fun or not? 1.6 Should I tell?	2.1 Getting on with others 2.2 When I feel like erupting 2.3 Feeling safe 2.4 Playing games 2.5 Harold saves for something special 2.6 How can we look after our environment?	1.1 What makes us who we are? 1.2 My special people 1.3 How do we make others feel? 1.4 When someone is feeling left out 1.5 An act of kindness 1.6 Solve the problem	2.1 A helping hand 2.2 Sam moves away 2.3 Haven't you grown! 2.4 My body, your body 2.5 Respecting privacy 2.6 Some secrets should never be kept
Year 3	1.1 As a rule 1.2 Looking after our special people 1.3 How can we solve this problem? 1.4 Tangram team challenge 1.5 Friends are special 1.6 Thunks 1.7 Dan's dare (Purplemash overview)	2.1 Derek cooks dinner! (healthy eating) 2.2 Poorly Harold 2.3 Body team work 2.4 For or against? 2.5 I am fantastic! 2.6 Top talents 2.7 Getting on with your	1.1 Safe or unsafe? (Purplemash overview) 1.2 Danger or risk? 1.3 The Risk robot (Purplemash overview) 1.4 Super Searcher 1.5 Help or harm? 1.6 Alcohol and cigarettes: the facts 1.7 Raisin challenge (1)	2.1 Helping each other to stay safe (Purple mash overview) 2.2 Recount task 2.3 Our helpful volunteers 2.4 Can Harold afford it? 2.5 Earning money 2.6 Harold's environment project 2.7 Let's have a tidy up!	1.1 Respect and challenge (Purplemash overview) 1.2 Family and friends 1.3 My community 1.4 Our friends and neighbours 1.5 Let's celebrate our differences 1.6 Zeb	2.1 Relationship tree 2.2 Body space 2.3 None of your business! (Purplemash overview) 2.4 Secret or surprise? 2.5 My changing body 2.6 Basic first aid



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	1.8 My special pet	nerves!				
Year 4	1.1 Human machines 1.2 Ok or not ok? (part 1) 1.3 OK or not ok? (part 2) 1.4 An email from Harold! 1.5 Different feelings 1.6 When feelings change 1.7 Under pressure	2.1 What makes me .2..2ME! 2.3 Making choices 2.4 SCARF hotel 2.5 Harold's Seven Rs 2.6 My school community (1) 2.7 Basic first aid 2.8 Volunteering is cool	1.1 Danger, risk or hazard? 1.2 How dare you! 1.3 Keeping ourselves safe (Purplemash overview) 1.4 Raisin challenge (2) 1.5 Picture wise 1.6 Medicines: check the label 1.7 Know the norms	2.1 Who helps us stay healthy and safe? (Purplemash overview) 2.2 It's your right 2.3 How do we make a difference? 2.4 In the news! (Purplemash overview) 2.5 Safety in numbers 2.6 Harold's expenses 2.7 Why pay taxes?	1.1 Can you sort it? 1.2 What would I do? 1.3 The people we share our world with 1.4 That is such a stereotype! 1.5 Friend or acquaintance? 1.6 Islands	2.1 Moving house 2.2 My feelings are all over the place! 2.3 All change! 2.4 Preparing for changes at puberty (RSE Workshop) 2.5 Secret or surprise? 2.6 Together
Year 5	1.1 Collaboration Challenge! 1.2 Give and take 1.3 Communication 1.4 How good a friend are you? 1.5 Relationship cake recipe	2.1 It all adds up! 2.2 Different skills 2.3 My school community (2) 2.4 Independence and responsibility 2.5 Star qualities? 2.6 Basic first aid, including Sepsis	1.1 Spot bullying (Purplemash overview) 1.2 Play, like, share 1 1.3 Play, like, share 2 1.4 Decision dilemmas 1.5 Vaping: healthy or unhealthy? 1.6 Would you risk it?	2.1 What's the story? (Purple mash overview) 2.2 Fact or opinion? (Purple mash overview) 2.3 Mo makes a difference 2.4 Rights, respect and duties	1.1 Qualities of friendship 1.2 Kind conversations 1.3 Happy being me 1.4 The land of the Red People 1.5 Is it true? Purplemash overview)	2.1 How are they feeling? 2.2 Taking notice of our feelings 2.3 Dear Ash 2.4 Growing up and changing bodies (RSE Workshop) 2.5 Changing bodies and feelings 2.6 Help! I'm a teenager -



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	1.6 Our emotional needs Being assertive	Awareness		2.5 Spending wisely 2.6 Lend us a fiver!	1.6 Stop, start, stereotypes (Purple mash overview)	get me out of here!
Year 6	1.1 Working together 1.2 Let's negotiate 1.3 Solve the friendship problem 1.4 Dan's day 1.5 Behave yourself 1.6 Assertiveness skills 1.7 Don't force me 1.8 Acting appropriately	2.1 This will be your life! 2.2 What's the risk? 2.3 What's the risk? (2) 2.4 Basic first aid, including Sepsis Awareness 2.5 Five Ways to Wellbeing project	1.1 Think before you click! (Purple mash overview) 1.2 It's a puzzle 1.3 To share or not to share? (Purple mash overview) 1.4 Rat Park 1.5 What sort of drug is...? 1.6 Drugs: it's the law! 1.7 Alcohol: what is normal?	2.1 Two sides to every story 2.2 Fakebook friends (Purple mash overview) 2.3 What's it worth? 2.4 Happy shoppers - caring for the environment 2.5 Democracy in Britain 1 - Elections Democracy in Britain 2 - How (most) laws are made 2.6 Community art	1.1. OK to be different 1.2 We have more in common than not 1.3 Respecting differences 1.4 Tolerance and respect for others 1.5 Advertising friendships! 1.6 Boys will be boys? - challenging gender stereotypes	2.1 I look great! 2.2 Media manipulation 2.3 Pressure online 2.4 Helpful or unhelpful? 2.5 Managing change (RSE Workshop) 2.6 Is this normal?. (RSE Workshop) 2.7 Intimate images and online sharing (Purple mash overview)