

## PSHE Overview 2025/2026

Units	Autumn 1 Me and my	Autumn 2 Being my best	Spring 1 Keeping Safe	Spring 2 Rights and Respect	Summer 1 Valuing Difference	Summer 2 Growing and changing
Pol -Ed Passports EYFS, Yr 1 and 2	relationships What is Self Worth?	What is Resilience?	What is Risk?	What is Respect?	What is Empathy?	What are Emotions?
Yr 3,4,5,6	What is self-worth?	What is resilience?	What is Risk?	What is Respect?	What is Empathy?	What is future planning? RSE visit for Y4,5,6
Activities within	Bike ability - yr6 Visit from the dentist EYFS, year 1		Roadways Safety Reception, KS1	Aim High Day for all year groups		
PSHE Pol-Ed class			Winter Safety Keeping Safe Online Happy Mind Happy You		Summer Water Safety	How can we stay safe during public disorder? Yr 3,4,5,6
assemblies		Bonfire Safety 5th Nov Anti-Bullying week Human Rights				
Two's Class Birth to five matters	Making relationships	Sense of self	Making relationships	Understanding emotions	Sense of self	Understanding emotions

# Darwen St James' C of E Primary Academy



Pre- school Class	Marvellous me I'm special People who are special	What does my body need I can keep trying I can do it	People who help me and keep me safe Safety indoors and outdoors what 's safe to go into my body	Looking after myself Looking after others Looking after my environment	Me and my friends Friends and family Including everybody	Growing and changing in nature When i was a baby Girls, boys and families
Reception Class	What makes me special. People close to me. Getting help.	Keeping by body healthy - food, exercise, sleep. Growth Mindset.	Rights and Respect <b>What is Respect?</b> Looking after things: friends, environment, money	Keeping safe <b>What is Risk?</b> Keeping my body safe Safe secrets and touches People who help to keep us safe	Similarities and difference Celebrating difference Showing kindness	Cycles Life stages Girls and boys - similarities and difference
Year 1	Feelings Getting help	Growth Mindset Healthy eating	How our feelings can keep us safe - including online safety	Taking care of things: Myself	Recognising, valuing and celebrating difference	Getting help Becoming independent

	Classroom rules Special people Being a good friend	Hygiene and health Cooperation	Safe and unsafe touches Medicine Safety Sleep	My money My environment	Developing respect and accepting others Bullying and getting help	My body parts Taking care of self and others
Year 2	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Safe and unsafe secrets Appropriate touch  Medicine safety	Cooperation Self-regulation Online safety Looking after money - saving and spending	Being kind and helping others Celebrating difference People who help us Listening Skills	Life cycles Dealing with loss Being supportive Growing and changing Privacy
Year 3	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Managing risk Decision-making skills Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Recognising and respecting diversity Being respectful and tolerant My community	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets

# Darwen St James' C of E Primary Academy



Year 4	Healthy relationships Listening to feelings Bullying Assertive skills	Having choices and making decisions about my health Taking care of my environment My skills and interests	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Body changes during puberty Managing difficult feelings Relationships including marriage
Year 5	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community	Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Managing difficult feelings Managing change How my feelings help keeping safe Getting help
Year 6	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Aspirations and goal setting Managing risk Looking after my mental health	Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)	Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander	Coping with changes Keeping safe Body Image Self-esteem Puberty

					behaviour Gender stereotyping	
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