

KS1 PSHE Overview 2025-2026

Health and Wellbeing

Relationships

Living in the Wider World

British Values: Mutual Respect, Tolerance, Democracy, Rule of Law and Individual Liberty

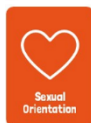
Year	Autumn 1 Me and my Relationships	Autumn 2 Valuing Difference	Spring 1 Keeping Safe	Spring 2 Rights and Respect	Summer 1 Growing and changing	Summer 2 Being my best
Year 1	Why we have classroom rules How are you listening? Thinking about feelings Our feelings Feelings and bodies Good friends Democracy Rule of Law Mutual Respect Tolerance Individual Liberty	Same or different? Unkind, tease or bully? Harold's school rules It's not fair Who are our special people? Our special people balloons Mutual Respect Rule of Law Tolerance Individual Liberty 	Super sleep Who can help? (1) Good or bad touches? Sharing pictures What could Harold do? Harold loses Geoffrey Democracy Rule of Law Mutual Respect	Harold has a bad day Around and about the school Taking care of something Harold's money How should we look after our money? Basic first aid – Bleeding Democracy Rule of Law Mutual Respect Individual Liberty	Healthy Me Then and Now Who can help? (2) Surprises and secrets RSE: Life Stages: Human life stage - who will I be? (Reception SCARF) Rule of Law Mutual Respect Individual Liberty	I can eat a rainbow Eat well Harold's wash and brush up Catch it! Bin it! Kill it! Harold learns to ride his bike Pass on the praise! Mutual Respect Tolerance Individual Liberty
Year 2	Our ideal classroom (1) How are you feeling today? Let's all be happy! Being a good friend Types of bullying Don't do that! Democracy Rule of Law Mutual Respect Tolerance Individual Liberty	What makes us who we are? My special people How do we make others feel? When someone is feeling left out An act of kindness Solve the problem   Democracy Mutual Respect Tolerance Individual Liberty	Harold's picnic How safe would you feel? What should Harold say? I don't like that! Fun or not? Should I tell? Democracy Rule of Law Mutual Respect	Getting on with others When I feel like erupting Feeling safe Playing games Harold saves for something special How can we look after our environment? Democracy Mutual Respect Tolerance Individual Liberty	A helping hand Sam moves away Haven't you grown RSE: Looking after a baby (SCARF) & Pantosaurus (NSPCC) Rule of Law Mutual Respect Tolerance	You can do it! My day Harold's postcard - helping us to keep clean and healthy Harold's bathroom What does my body do? Basic first aid – Asthma attack and Broken bone Democracy Mutual Respect Individual Liberty

LKS2 PSHE Overview 2025-2026

Year	Autumn 1 Me and my Relationships	Autumn 1 Being my Best	Spring 1 Keeping Safe	Spring 2 Valuing Difference	Summer 1 Growing and Changing	Summer 2 Rights and Respect
Year 3	As a rule Looking after our special people How can we solve this problem? Friends are special Thunks Dan's dare Democracy Rule of Law Mutual Respect Tolerance Individual Liberty	Derek cooks dinner! (healthy eating) Poorly Harold Body team work For or against? I am fantastic! Top talents Mutual Respect Tolerance Individual Liberty 	Safe or unsafe? Danger or risk? The Risk robot Super Searcher Help or harm? Alcohol and cigarettes: the facts Rule of Law Individual Liberty	Respect and challenge Family and friends My community Our friends and neighbours Let's celebrate our differences Zeb Mutual Respect Tolerance Individual Liberty 	Relationship tree Body space None of your business! Secret or surprise? Basic First Aid – Burns and Choking RSE: My body, your body (Year 2, SCARF) Rule of Law Mutual Respect Individual Liberty 	Helping each other to stay safe Recount task Our helpful volunteers Can Harold afford it? Earning money Harold's environment project Democracy Rule of Law Mutual Respect Individual Liberty
Year 4	Human machines Ok or not ok? (part 1) Ok or not ok? (part 2) An email from Harold! Different feelings Under pressure Democracy Mutual Respect Tolerance Individual Liberty	What makes me ME! Making choices SCARF hotel Harold's Seven Rs My school community (1) Basic first aid – Head injury, Unresponsive (breathing and not breathing) Democracy Rule of Law Mutual Respect	Danger, risk or hazard? How dare you! Keeping ourselves safe Raisin challenge (2) Picture wise Medicines: check the label Democracy Rule of Law Individual Liberty	Can you sort it? What would I do? The people we share our world with That is such a stereotype! Friend or acquaintance? Islands Democracy Mutual Respect Tolerance Individual Liberty	Moving house My feelings are all over the place! Secret or surprise? Together RSE: Puberty/naming genitalia/periods (Life to the full) Rule of Law Mutual Respect	Who helps us stay healthy and safe? * It's your right How do we make a difference? * In the news! * Safety in numbers * Harold's expenses * Why pay taxes? * Democracy Rule of Law

		Individual Liberty		Religion or Belief Race	Tolerance Religion or Belief Sex Sexual Orientation Marriage and Civil Partnership Age	Mutual Respect
--	--	--------------------	--	---	---	----------------

UKS2 PSHE Overview 2025-2026

Year 5 Year 5/6 Year 6	Autumn 1 Me and my relationships	Autumn 2 Keeping Safe	Spring 1 Valuing Difference	Spring 2 Being my best	Summer 1 Growing and changing	Summer 2 Rights and Respect
<u>CYCLE B</u>	Collaboration Challenge! Give and take How good a friend are you? Relationship cake recipe Our emotional needs Being assertive Democracy Rule of Law Mutual Respect Tolerance Individual Liberty	Spot bullying Play, like, share Decision dilemmas Ella's diary dilemma Vaping: healthy or unhealthy? Would you risk it? Democracy Rule of Law Individual Liberty Mutual Respect	Qualities of friendship Kind conversations Happy being me The land of the Red People Is it true? Stop, start, stereotypes Democracy Mutual Respect Tolerance Individual Liberty     	It all adds up! Different skills My school community (2) Independence and responsibility Star qualities? Year 5 Basic first aid - outside agency comes into school Year 6 – Recap previous year groups and Sepsis Awareness Rule of Law Mutual Respect Individual Liberty	How are they feeling? Taking notice of our feelings Dear Ash RSE: Reproductive systems/Fertilisation/Fetal Development Rule of Law Mutual Respect Individual Liberty 	What's the story? Fact or opinion? Mo makes a difference Rights, respect and duties Spending wisely Lend us a fiver! Local councils Democracy Rule of Law Mutual Respect

	Autumn 1 Valuing Difference	Autumn 2 Me and my relationships	Spring 1 Being my best	Spring 2 Rights and Respect	Summer 1 Growing and Changing	Summer 2 Keeping Safe
<u>CYCLE A</u>	OK to be different We have more in common than not Respecting differences Tolerance and respect for others Advertising friendships! Boys will be boys? - challenging gender stereotypes Democracy Rule of Law Mutual Respect Tolerance Individual Liberty 	Working together Solve the friendship problem Behave yourself Assertiveness skills (formerly Behave yourself - 2) Don't force me Acting appropriately Democracy Mutual Respect Tolerance Individual Liberty 	This will be your life! Our recommendations What's the risk? (1) What's the risk? (2) Basic first aid (Same as Cycle B) Five Ways to Wellbeing project Individual Liberty Rule of Law Mutual Respect	Two sides to every story Facebook friends What's it worth? Happy shoppers - caring for the environment Democracy in Britain 1 - Elections Democracy in Britain 2 - How (most) laws are made Democracy Rule of Law Individual Liberty 	I look great Media manipulation Pressure online Helpful or unhelpful? Managing change RSE: Puberty workshop by SCARF Democracy Rule of Law Mutual Respect Tolerance Individual Liberty 	Think before you click! To share or not to share? Rat Park What sort of drug is...? Drugs: it's the law! Alcohol: what is normal? Rule of Law Individual Liberty 