

PSHE Overview 2024-25					
Autumn		Spring		Summer	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1					
Mental health and wellbeing Zones of regulation Children learn what the zones of regulation are, extending learning from EYFS, they explore different emotions and how their emotions and actions are different	Identity, society and equality Children explore their own identity, what makes them special and link to Christmas text – how different families celebrate	Managing Risk and Keeping Safe Local area walk Children learn how to keep themselves safe in familiar situations, our local area, including road safety and explore the importance of their personal safety	Careers, My Money Children learn where money comes from, explore the role of a bank and explore different careers, linking to school and sustainability	Drugs and alcohol, what do we put in our bodies? (2 sessions, link with Science) Children learn how to stay safe around medicines and what substances can be harmful to our bodies. Zones of Regulation/Resilience Children explore what it means to be resilient, activities that help them to regulate and the importance of being kind	Physical health and Wellbeing Link to Sports day Children explore eating healthy, explore what sugar can do to our diet, the positive impact of exercise and explore sun safety Transition lesson Children discuss the transition to their new year group
Year 2					
Zones of Regulation Children recap the Zones of regulation Mental Health and Wellbeing Children explore their friendships, the importance of being kind, making friends online and solving problems independently	Relationships, Sex and Health Education; Lifecycles Link to Science Children learn the correct terminology for private body parts, the human lifecycle and different stages of life	Managing Risk and Keeping Safe Link to Topic To understand fire safety, how to stay safe at home, call 999 and road safety Fire Safety Workshop	Drugs and Alcohol, Medicines and Me Children learn about staying safe around medicines and asthma safety	Mental Health and Wellbeing Link with English This unit is built around the English text and Zones of Regulation, linking to resilience and differences	Physical Health and Wellbeing Children explore different categories of food and making a healthy meal Link to Sports day Transition Session Children discuss the transition to their new year group
Year 3					

Mental Health and Wellbeing; Strengths and Challenges Zones of Regulation Children explore strengths and challenges in relation to goal setting, and where emotions linked to zones of regulation may fall when trying to achieve these goals.	Keeping Safe and Managing Risk; Bullying Link to Arsenal and racism Children explore the differences between difficulties in friendships and bullying and how to spot the difference. Children explore bullying online with links to racism and Arsenal players	Identity, Society and Equality; celebrating difference Children learn about similarities and differences between them and others, the importance of community and belonging to different groups	Careers, Financial Capability and Economic Wellbeing; Spending, Saving & Budgeting Children explore budgeting, purchases and their impacts, career options and job opportunities Link to Topic, sustainability and Institute of Physics	Drugs, Alcohol and Tobacco Education; Tobacco Children explore the dangers of drugs, including medication, smoking and the risks associated with smoking	Physical Health and Wellbeing; What Helps Me Choose? Children explore the Eat Well guide, understand influences around the food we choose and how physical exercise impacts our overall health Link to Sports Day Transition Session Children discuss the transition to their new year group
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Year 4

Mental Health and Emotional Wellbeing; Dealing with my feelings Zones of Regulation Children learn about a range of emotions, their strengths, making mistakes and taking responsibility for their own happiness	Identity, Society and Equality; Democracy Children explore democratic society and how local government works. Children explore how budgets are assigned at local government level	Keeping Safe and Managing Risk; Playing Safe Children learn about being safe in their local area and online, as well as administering basic first aid First Aid Workshop	Drugs, Alcohol and Tobacco; Different Influences Children learn about different drugs and how they influence behaviour, including benefits of being a nonsmoker, linked to previous learning about Asthma	Relationships, Health and Sex Education; Puberty Children explore the physical and hormonal changes related to puberty and what to expect as boys and girls Mental Health and Emotional Wellbeing; link to friendships and Spring 2 English text	Physical Health and Wellbeing; Making Healthy Choices Children explore what makes food healthy and design healthy meals Link to Sports Day Transition Session Children discuss the transition to their new year group
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Year 5

Zones of Regulation Children help to develop Zones of Regulation in their class and link these	Relationships, Sex and Health Education; Puberty	Keeping Safe and Managing Risk; When Things go Wrong	Mental Health and Emotional Wellbeing; Understanding feelings	Drugs, Alcohol and Tobacco; Different Influences	Physical Health and Wellbeing; Taking Responsibility for my Health
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<p>different feelings to changes in puberty and hormones</p> <p>Identity, Society and Equality; Stereotypes, discrimination and prejudice</p> <p>Children explore stereotypes and discrimination, the impact of this on others</p> <p>Link to Black History Month</p>	<p>Children learn further details about the changes they will experience in puberty as boys and girls and explore peer pressure</p>	<p>Children explore staying safe online, recognising domestic abuse and dangers of going missing</p> <p>Fire Safety Workshop</p>	<p>Children explore mental health and how to take responsibility for their own feelings, particularly in times of change and how to resist peer pressure – link back to RSHE and English text</p>	<p>Children explore different influences that may make people drink or take drugs, including influences online</p>	<p>Children explore calorie intakes, balanced diets and the importance of rest</p> <p>Link to Sports Day</p> <p>Transition Session Children discuss the transition to their new year group</p>
Year 6					
<p>Zones of Regulation</p> <p>Children help to develop Zones of Regulation in their class and link these different feelings to changes in puberty and hormones</p>	<p>Keeping safe and Managing Risk; Knife Crime</p> <p>Children visit Ben Kinsella exhibition and explore the impacts of knife crime on young people, communities and families</p>	<p>Identity, Society and Equality; Human Rights</p> <p>Children explore what it means to be a refugee, homelessness and explore the UN Convention on the Rights of a Child</p>	<p>Drugs, Alcohol and Tobacco Weighing up Risk</p> <p>Children explore different drugs, particularly focusing on vaping, the effects of different drugs and factors that may influence them</p>	<p>Relationships, Sex and Health Education</p> <p>Children learn about Sexual Intercourse and conception and how to stay safe</p> <p>Transition Lesson</p> <p>Children prepare for Secondary school</p>	