

PSHE Overview 2025-26					
Autumn		Spring		Summer	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1					
<p>Mental health and wellbeing</p> <p>Zones of regulation</p> <p>Children learn what the zones of regulation are, extending learning from EYFS, they explore different emotions and how their emotions and actions are different</p>	<p>Managing Risk and Keeping Safe</p> <p>(Local area walk)</p> <p>Children learn how to keep themselves safe in familiar situations, our local area, including road safety and explore the importance of their personal safety</p>	<p>Drugs and alcohol, what do we put in our bodies?</p> <p>Children learn how to stay safe around medicines and what substances can be harmful to our bodies.</p>	<p>Identity, society and equality</p> <p>Children explore their own identity, what makes them special</p> <p>Zones of Regulation/ Resilience</p> <p>Children explore what it means to be resilient, activities that help them to regulate and the importance of being kind</p>	<p>Careers, My Money</p> <p>Children learn where money comes from, explore the role of a bank and explore different careers, linking to school and sustainability</p>	<p>Physical health and Wellbeing</p> <p>Children explore eating healthy, explore what sugar can do to our diet, the positive impact of exercise and explore sun safety</p> <p>Link to Sports Day & DT cooking</p> <p>Transition lesson</p> <p>Children discuss the transition to their new year group</p>
Year 2					
<p>Zones of Regulation</p> <p>Children recap the Zones of regulation Children to further develop their tool kit from last year</p> <p>Link to the Resilience Reaps Rewards Programme – Hero Profiles</p>	<p>Relationships, Sex and Health Education; Lifecycles</p> <p>Link to Science</p> <p>Children learn the correct terminology for private body parts, the human lifecycle and different stages of life</p>	<p>Managing Risk and Keeping Safe</p> <p>Link to Topic</p> <p>To understand fire safety, how to stay safe at home, call 999 and road safety</p> <p>Fire Safety Workshop</p>	<p>Drugs and Alcohol, Medicines and Me</p> <p>Children learn about staying safe around medicines and asthma safety</p>	<p>Mental Health and Wellbeing</p> <p>Link with English</p> <p>Children explore their friendships, the importance of being kind, making friends online and solving problems independently</p>	<p>Physical Health and Wellbeing</p> <p>Children explore different categories of food and making a healthy meal</p> <p>Link to Sports Day & DT cooking</p> <p>Transition Session</p> <p>Children discuss the transition to their new year group</p>

Year 3					
<p>Mental Health and Wellbeing; Strengths and Challenges</p> <p>Zones of Regulation</p> <p>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.</p> <p>Link to the Resilience Reaps Rewards Programme – Hero Profiles</p>	<p>Keeping Safe and Managing Risk; Bullying</p> <p>Link to Arsenal and racism</p> <p>Children explore the differences between difficulties in friendships and bullying and how to spot the difference.</p> <p>Children explore bullying online with links to racism and Arsenal players</p>	<p>Identity, Society and Equality; celebrating difference</p> <p>Children learn about similarities and differences between them and others, the importance of community and belonging to different groups</p>	<p>Careers, Financial Capability and Economic Wellbeing; Spending, Saving & Budgeting</p> <p>Children explore budgeting, purchases and their impacts, career options and job opportunities</p> <p>Link to Topic, sustainability and Institute of Physics</p>	<p>Drugs, Alcohol and Tobacco Education; Tobacco</p> <p>Children explore the dangers of drugs, including medication, smoking and the risks associated with smoking</p>	<p>Physical Health and Wellbeing; What Helps Me Choose?</p> <p>Children explore the Eat Well guide, understand influences around the food we choose and how physical exercise impacts our overall health</p> <p>Link to Sports Day & DT cooking</p> <p>Transition Session</p> <p>Children discuss the transition to their new year group</p>
Year 4					
<p>Mental Health and Emotional Wellbeing; Dealing with my feelings</p> <p>Zones of Regulation</p> <p>Children learn about a range of emotions, their strengths, making mistakes and taking responsibility for</p>	<p>Identity, Society and Equality; Democracy</p> <p>Children explore democratic society and how local government works. Children explore how budgets are assigned at local government level</p>	<p>Keeping Safe and Managing Risk; Playing Safe</p> <p>Children learn about being safe in their local area and online, as well as administering basic first aid</p> <p>First Aid Workshop</p>	<p>Drugs, Alcohol and Tobacco; Different Influences</p> <p>Children learn about different drugs and how they influence behaviour, including benefits of being a nonsmoker, linked to previous learning about Asthma</p>	<p>Relationships, Health and Sex Education; Puberty</p> <p>Children explore the physical and hormonal changes related to puberty and what to expect as boys and girls</p> <p>Mental Health and Emotional Wellbeing; link to friendships and Spring 2 English</p>	<p>Physical Health and Wellbeing; Making Healthy Choices</p> <p>Children explore what makes food healthy and design healthy meals</p> <p>Link to Sports Day & DT cooking</p> <p>Transition Session</p>

<p>their own happiness</p> <p>Link to the Resilience Reaps Rewards Programme – Hero Profiles</p>				<p>text - The Council of Good Friends by Nikesh Shukla</p> <p>Use unit as a chance to address social dynamic in class</p>	<p>Children discuss the transition to their new year group</p>
<p>Year 5</p>					
<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>Link to the Resilience Reaps Rewards Programme – Hero Profiles</p> <p>Identity, Society and Equality; Stereotypes, discrimination and prejudice</p> <p>Children explore stereotypes and discrimination, the impact of this on others - specifically hate crime</p> <p>Link to Black History Month</p>	<p>Relationships, Sex and Health Education; Puberty</p> <p>Children learn further details about the changes they will experience in puberty as boys and girls and explore peer pressure</p>	<p>Keeping Safe and Managing Risk; When Things go Wrong</p> <p>Children explore staying safe online, recognising domestic abuse and dangers of going missing</p> <p>Fire Safety Workshop</p>	<p>Mental Health and Emotional Wellbeing; Understanding feelings</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>Drugs, Alcohol and Tobacco; Different Influences</p> <p>Children explore different influences that may make people drink or take drugs, including influences online</p>	<p>Physical Health and Wellbeing; Taking Responsibility for my Health</p> <p>Children explore calorie intakes, balanced diets and the importance of rest</p> <p>Link to Sports Day & DT cooking</p> <p>Transition Session</p> <p>Children discuss the transition to their new year group</p>

Year 6

Zones of Regulation

Children help to develop Zones of Regulation in their class and link these different feelings to changes in puberty and hormones

Link to the Resilience Reaps Rewards Programme – Hero Profiles

Keeping safe and Managing Risk; Knife Crime

Children visit Ben Kinsella exhibition and explore the impacts of knife crime on young people, communities and families

Identity, Society and Equality; Human Rights

Children explore what it means to be a refugee, homelessness and explore the UN Convention on the Rights of a Child

Drugs, Alcohol and Tobacco; Weighing up Risk

Children explore different drugs, particularly focusing on vaping, the effects of different drugs and factors that may influence them

Relationships, Sex and Health Education

Children learn about Sexual Intercourse and conception and how to stay safe

Transition Lesson

Children prepare for Secondary school