

PSHE Curriculum Overview

Wellbeing	Identity and Community	Aspiration and money	Healthy Relationships
Digital Lives	Healthy Choices	My Body and Me	Transition

Year group	Week	Term					
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	1	Meet your emotions	Enjoying the online world	Celebrating ourselves	How can we walk to fun places safely?	Will I be good at something straight away?	How do families look after each other?
	2	My healthy mind tool kit	Feeling safe online	Celebrating our similarities and differences	How can we stay safe and have fun at home?	What is money and where does it come from?	How do I feel when I am safe?
	3	All our experiences are important	Getting help when we're online	How can we help everyone to feel included at our school?	How can we stay safe whilst out and about?	Can we buy everything we want?	How can I be kind and respectful to friends and family?
	4	Taking care of my body	Choosing when to share online		Being safe everywhere! [Contextual]	Sensitive and special parts of our bodies (Including naming genitals)	What makes a great friend?

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	5		Finding a balance online				
2	1	How many emotions are there?	Choosing what we do online	Every family is special!	How can I stay safe around medicine and chemicals?	What are we good at?	Fun surprises, uncomfortable secrets
	2	Change and loss are part of life	How can I talk to people safely and kindly online?	What helps us to be ourselves? (challenging stereotypes)	Keeping clean and healthy	What skills might I have in the future? [Greater depth]	Making decisions that feel good for me
	3	Delicious food fuels my body!	Sharing photos and videos	Rules help to keep us safe and keep things fair.	How can we be helpful in an emergency?	What makes someone good at a job?	How can we make our school a happy place for everyone? (inclusion and anti-bullying)
	4	Do we all need the same things to stay healthy?	Spotting lies and what to do about it		I love my teeth! What can we do to keep them healthy?	Why do people have jobs?	How can we tell if someone is a friend or a stranger?
	5	The right way to get things wrong	How to be a great web searcher			How our bodies change as we get older	Transition to KS2 [Greater Depth - Coming soon!]

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	6		Staying safe online recap [Recap]				
3	1	We all have powerful emotions	Healthy online friendships	The amazing cultures in our class and community.	Can I remember how to stay healthy? [Recap]	How do we decide when to spend and when to save?	What can people do to help their families?
	2	How many ways are there to exercise?	Feeling uncomfortable online	How do we treat everyone kindly and with respect?	How can I enjoy a walk or a cycle near roads and railways?	Does money make us happy?	Our bodies belong to us.
	3	A healthy and mindful week [Recap]	Wellbeing in an online world	How can we include everyone?	How can I prepare for an adventure in all weathers and places? [Contextual]	What are my hopes and dreams for the future?	Do friends always want the same things?
	4	I am wonderful!	Choosing what to do and what to share	How can we care for our world?	How can I face challenges to have fun and achieve my dreams? [Greater Depth]	What is menstruation? [New - July 2026]	Should we behave the same way with everyone we meet? [Greater Depth]
	5		Deciding who to trust online				

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	6		What would a perfect online world be like? [Recap]				
4	1	Charging our batteries (the importance of sleep)	Who uses the internet?	How does the Equality Act allow us to live our best lives?	What are germs and how can I keep them out of my body?	How can we keep our money safe?	How can friends help us to be our true selves?
	2	My emotion toolkit	Using social media safely	How can we keep a positive view of other people? (Challenging stereotypes)	How can I explore natural places safely?	What jobs are there in our community?	How can I tell people what I want and need kindly?
	3	Celebrating healthy and delicious food from across the world [Contextual]	Is the internet a fair place?	How can everyone achieve their potential?			What do we need when we lose a loved one?
	4	What makes life so wonderful?	Too good to be true? Spotting online fakes	How do our values shape our identity?			How do the people around us influence us?
	5	Making wonderful mistakes [Greater depth]	Connecting to trusted people online	Do we all have the same values? (British Values)	Do we all have the same values? (British Values)		Challenging negative influence

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	6	How can I take control of my wellbeing?	Can we know what is real online? [Greater depth]	Why are communities important? [Contextual lesson]			
	7		How can we make good choices about gaming and money online? [New core lesson - coming July 2026]				
5	1	How do we look after our Mental health?	Red flags online	Considering all of our needs (Supporting neurodiversity)	How can I make good choices about smoking and vaping?	How do people choose when to buy something?	What does a healthy friendship feel like
	2	What is special about me?	Deciding what to share online	What does the path to equality look like?	How do people become addicted?	How can we be responsible shoppers? [Greater depth - coming soon!]	How does it feel when relationships change?
	3	How can I share what's in my head and heart?	Comparing ourselves to others on social media	How can we listen to other people's experiences better?	How can we stay safe around fire?	How can we help our communities other than by working?	How can friends understand each other better?
	4		How social media companies use our data	How can we be our true selves? (exploring stereotypes)	How can I respond quickly to emergencies?	How can I match my skills with a job that I love?	How do we fix a friendship that has gone wrong? (Conflict resolution)

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						[Greater depth - coming soon!]	
	5		Influence and power online	Being an amazing ally [Greater Depth]	Staying safe on adventures [Recap]	What is puberty?	Saying what we want (Consent and boundaries)
	6		Staying safe in group chats	What environments do we need to thrive? (The social model of disability) [Greater Depth]		What is menstruation?	
	7		How can I thrive online? [Recap]	What gives us value? [Greater Depth]		Why do we need to clean more during puberty?	
6	1	Change is important	Power and friendship online	How can we appreciate and respect people without judgement? (Challenging unconscious bias)	Why do some people drink alcohol?	What are my dreams for my future, and how do I get there?	What does a healthy romantic relationship feel like?
	2	How can I stay as healthy as possible for my whole life?	Discrimination online	Why is our heritage important?	What are the facts about drugs?	What skills do I need to do the things I want to do?	What skills do people need to stay in a

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							healthy relationship for a long time?
	3	Staying regulated [Greater depth - coming soon!]	Motivation and manipulation online	What do we need to feel like we belong?	Why are vaccines so important?	How much money is enough to have a good life? [Greater depth - coming soon!]	Communicating boundaries and needs clearly (Consent
	4		Do I live in an echo chamber?	Why is it important to love authentically?	How can I perform basic first aid?	How can we protect our money?	How do we surround ourselves with people who respect and care about us?
	5		Can I spot an online fake?	How do we express our identity?		How do I manage my money day-to-day? [Greater depth - coming soon!]	How can we help each other to grow and be our true selves? [Greater depth - coming soon!]
	6			How can we talk about gender and identity?			
	7		What are the dangers of misinformation? [Greater Depth]	How can we build healthy communities?		How are our emotions affected by puberty?	How can we stay true to ourselves, whilst learning from other people?

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							[Greater depth - coming soon!]
	8			What does identity mean to me? [Greater Depth - coming soon!]		How do our bodies change during puberty?	Reflections: How does it feel to finish primary school? [Greater depth]
	9					How do males and females change during puberty?	Change: What will change, when we go to secondary school? [Greater depth]
	9					Do you ever feel pressure to look a certain way?	Readiness: How do I prepare myself for secondary school? [Greater depth]
	10					Sexual reproduction (optional)	Independence: How do I take responsibility for my wellbeing? [Greater depth]