

WHOLE SCHOOL PSHE OVERVIEW WITH SCHOOL VALUES EMBEDDED

School Values: Belonging | Purpose | Inspiration | Curiosity | Collaboration

	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Reception	Self-regulation: My feelings Skills: recognise basic emotions, begin to self-regulate, express feelings Through this unit, children develop a strong sense of belonging by learning that all emotions are valid and can be shared safely. They begin to understand the purpose of managing their feelings to support their wellbeing and relationships. Adults provide inspiration through modelling positive emotional responses, while children are encouraged to show curiosity about different feelings through stories and play. Opportunities for partner talk and group activities promote collaboration as children learn to listen and respond to others.	Building relationships: Special relationships Skills: form attachments, show kindness, begin sharing Children build a sense of belonging by forming secure attachments and recognising important people in their lives. They explore the purpose of relationships and why kindness matters. Through positive role models, they gain inspiration to act with care and empathy. Their curiosity is developed as they talk about who matters to them and why, while collaboration is fostered through sharing, turn-taking and cooperative play.	Managing self: Taking on challenges Skills: try new activities, build confidence, persevere Children develop belonging through a supportive environment where effort is valued. They explore the purpose of perseverance and resilience when trying new activities. Inspiration is provided through encouragement and celebrating success. Curiosity is fostered as children explore new experiences, while collaboration is promoted through shared tasks and group learning.	Self-regulation: Listening and following instructions Skills: listen carefully, follow simple rules, manage behaviour Children develop belonging by feeling secure within clear routines. They understand the purpose of listening and following rules to support learning and safety. Adults inspire positive behaviour through modelling. Curiosity is encouraged through engaging activities, and collaboration is strengthened as children respond together in group situations.	Building relationships: My family and friends Skills: identify relationships, communicate needs, cooperate Children develop belonging through recognising important relationships in their lives. They explore the purpose of communication and cooperation. Inspiration comes from positive examples of friendships. Curiosity is encouraged through discussion, while collaboration is developed through shared play and teamwork.	Managing self: My wellbeing Skills: recognise needs, begin self-care, understand feeling safe Children develop belonging by recognising their own needs and feeling safe. They explore the purpose of self-care and wellbeing. Inspiration is provided through routines that promote healthy habits. Curiosity is encouraged as they learn about their bodies and feelings, and collaboration is promoted through shared discussions and support.

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Year One	My healthy self: How can we look after our emotions? Skills: name emotions, recognise triggers, begin simple coping strategies In this unit, pupils develop belonging by recognising and naming emotions, helping them feel understood and included. They explore the purpose of emotional wellbeing and how it supports daily life. Pupils are given inspiration through simple strategies to manage feelings, while curiosity is encouraged as they explore emotional triggers. Collaboration is strengthened through discussion and shared activities.	Connecting with others: How can I help myself and others feel happy and safe? Skills: build friendships, show empathy, understand kindness Pupils develop belonging by forming positive relationships and understanding kindness. They explore the purpose of helping others feel safe and happy. Inspiration is gained through modelling empathy. Curiosity is encouraged through discussion of feelings and behaviours, and collaboration is developed through teamwork and shared activities.	The online world: How do we spend time online? Skills: recognise online activity, understand limits, stay safe Pupils develop belonging by learning how to stay safe and confident in digital spaces. They understand the purpose of managing screen time and behaviour online. Inspiration is provided through guidance on safe choices, curiosity through exploring technology use, and collaboration through shared discussions.	Citizenship: How can I help others and the environment? Skills: follow rules, help others, understand community roles Pupils develop belonging by understanding their role in a community. They explore the purpose of helping others and caring for the environment. Inspiration comes from seeing themselves as contributors. Curiosity is encouraged through exploring community roles, and collaboration through working together.	Health protection: How can I protect myself and others in daily life? Skills: basic hygiene, recognise healthy habits, understand safety routines Pupils develop belonging by understanding routines that keep everyone safe. They explore the purpose of hygiene and healthy habits. Inspiration is gained through positive role models. Curiosity is encouraged through learning about the body, and collaboration through shared routines.	Staying safe: How can I stay safe? Skills: identify dangers, seek help, recognise trusted adults Pupils develop belonging by recognising trusted adults and safe environments. They explore the purpose of safety rules. Inspiration is provided through guidance and examples. Curiosity is encouraged through exploring risks, and collaboration through discussions and role-play.

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Year Two	My healthy self: How can we look after our bodies? Skills: understand body needs, recognise feelings, make simple healthy choices Pupils develop belonging by understanding their bodies and feelings. They explore the purpose of making healthy choices. Inspiration is provided through positive habits. Curiosity is encouraged through questioning and learning about the body, and collaboration through shared activities.	Connecting with others: How can I build safe, kind and caring relationships with others? Skills: maintain friendships, resolve simple conflicts, show respect Pupils develop belonging through building safe and caring relationships. They explore the purpose of respect and kindness. Inspiration is gained through role models. Curiosity is encouraged through understanding relationships, and collaboration through conflict resolution and teamwork.	The online world: How are things shared online? Skills: understand privacy, share safely, recognise risks Pupils develop belonging by understanding safe online behaviour. They explore the purpose of privacy and safety. Inspiration is provided through guidance, curiosity through questioning online content, and collaboration through shared learning.	Citizenship: How do people belong to a community and earn money? Skills: understand roles, basic money awareness, responsibility Pupils develop belonging by understanding community roles. They explore the purpose of responsibility and money. Inspiration comes from real-life examples. Curiosity is encouraged through exploring society, and collaboration through shared discussions.	Growing up: How can we look after and respect our bodies as we grow? Skills: recognise changes, understand growth, ask questions appropriately Pupils develop belonging by understanding their changing bodies. They explore the purpose of growth and self-respect. Inspiration is provided through supportive teaching. Curiosity is encouraged through questions, and collaboration through discussion.	Staying safe: How can I make safe choices in different places? Skills: assess simple risks, respond to unsafe situations, seek support Pupils develop belonging by recognising safe environments. They explore the purpose of making safe choices. Inspiration is provided through guidance. Curiosity is encouraged through exploring risks, and collaboration through role-play.

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Year Three	My healthy self: How can I take care of my mind and body? Skills: link emotions to wellbeing, develop coping strategies, make informed choices Pupils develop belonging through understanding wellbeing. They explore the purpose of making informed choices. Inspiration is provided through strategies for managing emotions. Curiosity is encouraged through linking emotions and health, and collaboration through shared reflection.	Connecting with others: What helps us feel safe and included? Skills: respect differences, challenge unkind behaviour, build inclusive relationships Pupils develop belonging by promoting inclusion and respect. They explore the purpose of positive relationships. Inspiration is gained through challenging unkind behaviour. Curiosity is encouraged through exploring perspectives, and collaboration through teamwork.	The online world: How should we communicate online? Skills: communicate respectfully online, recognise cyberbullying, stay safe Pupils develop belonging by understanding respectful online communication. They explore the purpose of safe digital behaviour. Inspiration is provided through guidance. Curiosity is encouraged through exploring online risks, and collaboration through discussion.	Citizenship: What rights and responsibilities do we have? Skills: understand fairness, recognise rights, take responsibility Pupils develop belonging through understanding their role in society. They explore the purpose of fairness and responsibility. Inspiration is provided through real-world examples. Curiosity is encouraged through questioning fairness, and collaboration through debate.	Healthy protection: How can we prevent illness and injury and respond if they happen? Skills: understand illness prevention, basic first aid awareness, healthy routines Pupils develop belonging through understanding shared responsibility for health. They explore the purpose of prevention and safety. Inspiration is provided through learning first aid. Curiosity is encouraged through exploring health, and collaboration through shared learning.	Citizenship: What careers do people choose and why? Skills: recognise aspirations, understand roles in society, set simple goals Pupils develop belonging by recognising future possibilities. They explore the purpose of aspirations. Inspiration is gained through learning about careers. Curiosity is encouraged through exploring choices, and collaboration through discussion.

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Year Four	My healthy self: How can I make healthy choices? Skills: evaluate choices, understand consequences, manage wellbeing Pupils develop belonging by making informed choices about wellbeing. They explore the purpose of healthy living. Inspiration is provided through understanding consequences. Curiosity is encouraged through evaluating choices, and collaboration through discussion.	Connecting with others: How can we respect each other? skills: show respect, manage disagreements, understand boundaries Pupils develop belonging through respect and understanding. They explore the purpose of boundaries and relationships. Inspiration is gained through positive examples. Curiosity is encouraged through discussion, and collaboration through conflict resolution.	The online world: How can I evaluate what I see online? Skills: question information, recognise reliability, stay safe online Pupils develop belonging by navigating digital spaces safely. They explore the purpose of evaluating information. Inspiration is provided through critical thinking. Curiosity is encouraged through questioning, and collaboration through discussion.	Citizenship: How can I spend my money wisely? Skills: understand budgeting, saving, making choices about spending Pupils develop belonging by understanding financial responsibility. They explore the purpose of budgeting. Inspiration is provided through real-life examples. Curiosity is encouraged through exploring choices, and collaboration through shared tasks.	Growing up: How will my body and emotions change as I grow up? Skills: understand physical changes, manage emotions, ask appropriate questions Pupils develop belonging by understanding changes. They explore the purpose of emotional and physical development. Inspiration is provided through supportive teaching. Curiosity is encouraged through questioning, and collaboration through discussion.	Staying safe: What signs help me recognise what is safe or unsafe? Skills: assess risks, respond to emergencies, make safe decisions Pupils develop belonging by recognising safe behaviours. They explore the purpose of risk management. Inspiration is provided through guidance. Curiosity is encouraged through exploring scenarios, and collaboration through problem-solving.

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Year Five	My healthy self: How can I support my mind and body as I grow? Skills: understand mental and physical development, build resilience, manage change Pupils develop belonging through understanding development and resilience. They explore the purpose of managing change. Inspiration is provided through coping strategies. Curiosity is encouraged through learning about growth, and collaboration through shared discussion.	Connecting with others: Why are healthy relationships important? Skills: recognise healthy/unhealthy relationships, communicate Pupils develop belonging through understanding healthy relationships. They explore the purpose of communication. Inspiration is gained through real-life examples. Curiosity is encouraged through discussion, and collaboration through group work.	The online world: How am I influenced by what I see online? Skills: recognise influence, question media, manage online interactions Pupils develop belonging through safe online identity. They explore the purpose of evaluating influence. Inspiration is provided through critical awareness. Curiosity is encouraged through questioning media, and collaboration through discussion.	Citizenship: How can we make a difference in our communities and beyond? Skills: understand social responsibility, contribute positively, evaluate impact Pupils develop belonging by contributing to their community. They explore the purpose of social responsibility. Inspiration is gained through role models. Curiosity is encouraged through global issues, and collaboration through shared projects.	Growing up: How can I manage the changes to my body and emotions as I grow up? Skills: understand puberty in depth, manage emotions, respect differences Pupils develop belonging by understanding puberty and change. They explore the purpose of self-respect. Inspiration is provided through accurate information. Curiosity is encouraged through questions, and collaboration through discussion.	Citizenship: How can we be in control of our money? Skills: budget, understand financial decisions, evaluate spending Pupils develop belonging through understanding financial independence. They explore the purpose of budgeting. Inspiration is provided through real-life scenarios. Curiosity is encouraged through exploring decisions, and collaboration through shared tasks.

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Year Six	My healthy self: How do my choices today shape my future wellbeing? Skills: plan for wellbeing, manage stress, make informed lifestyle choices Pupils develop belonging by planning for their future wellbeing. They explore the purpose of healthy choices. Inspiration is provided through goal setting. Curiosity is encouraged through reflection, and collaboration through discussion.	Connecting with others: What does it mean to stand up for myself and others? Skills: assertiveness, challenge discrimination, support others Pupils develop belonging through understanding advocacy and support. They explore the purpose of standing up for themselves and others. Inspiration is gained through role models. Curiosity is encouraged through discussion, and collaboration through shared learning.	The online world: How do I feel about being online? Skills: manage digital identity, evaluate risks, understand long-term impact Pupils develop belonging by managing their digital identity. They explore the purpose of long-term online safety. Inspiration is provided through real-life examples. Curiosity is encouraged through evaluating risks, and collaboration through discussion.	Citizenship: How can we protect everyone's rights? Skills: understand equality, justice, and responsibility in society Pupils develop belonging by promoting equality and justice. They explore the purpose of rights and responsibilities. Inspiration is gained through historical and modern examples. Curiosity is encouraged through debate, and collaboration through discussion.	Staying safe: How can I stay safe as I grow up? Skills: assess complex risks, respond independently, seek appropriate support Pupils develop belonging through independence and responsibility. They explore the purpose of risk management. Inspiration is provided through real-life scenarios. Curiosity is encouraged through exploring complex situations, and collaboration through problem-solving.	Sex education: How do people become parents and carers? Skills: understand relationships, consent, reproduction, responsibility Pupils develop belonging through respectful understanding of relationships. They explore the purpose of consent and healthy relationships. Inspiration is provided through open discussion. Curiosity is addressed safely, and collaboration is promoted through respectful dialogue.