



St White's Primary School PSHE Overview Year A (2025-2026) & Year B (2024-2025)



	Autumn A	Spring A			Summer A	
In PSHE, we will always address themes that occur during the term to suit the needs of the children.						
EYFS	Transition into School Zones of Regulation Topic: All About Me	Managing Needs Within this topic, we learn about the things that we do every day to look after our health and bodies.	Our Bodies Within this topic, we learn about our body parts, how they work and how to look after them.	Growth Mindset Within this topic, we learn to understand how to manage challenges and how to set goals for ourselves.	Being Safe Within this topic, we learn how we can be safe in the community, at home and online.	Changes in our Lives Transition to Year 1 How do we feel? Meet the teacher. See the classrooms.
		Addressing themes that occur during the term.	Addressing themes that occur during the term.	Addressing themes that occur during the term.	Addressing themes that occur during the term.	Addressing themes that occur during the term.
Year 1 and 2	Who is special to us? Within this topic, pupils will be exploring families and those who care for them. Pupils will also be able to identify and talk about their special people.	What is the same and different about us? Within this topic, pupils will develop respectful relationships with their peers, exploring what is different and the same as each other.	What helps us stay healthy? Within this topic, pupils will develop their understanding of how they can support their own physical health through fitness and healthy eating.	How can we stay safe online? Within this topic, pupils will explore the dangers of the internet, discovering ways they can remain safe online.	Who helps keep us safe? Within this topic, pupils will identify who safe adults are in the community. Students will also learn essential safety knowledge to help keep themselves and others safe.	How can we look after each other and the world? Within this topic, pupils will explore respectful relationships and mental wellbeing, and the impact that both have on themselves and others.
Year 3 and 4	What strengths, skills and interests do we have? During this topic, children will explore and nurture their unique strengths, skills and interests to help them grow and succeed.	How do we treat each other with respect? During this topic, children will learn to treat each other with kindness and respect, fostering a positive and inclusive environment in school and beyond.	How can we manage our feelings? During this topic, children will learn to develop healthy ways to manage their feelings and emotions.	What makes a community? During this topic, children will explore the elements that make up a community and teach the importance of cooperation, responsibility and belonging within it.	How can our choices make a difference to others and the environment? During this topic, children will understand how their choices can have a positive impact on both others and the environment, encouraging responsible decision-making.	How can we manage risk in different places? During this topic, children will be equipped with the skills to assess and manage risks in various settings, promoting safety and responsible decision-making
Year 5 and 6	What makes up a person's identity? Pupils will explore personal identity (including stereotypes) and discuss a sense of belonging.	What decisions can people make with money? During this topic pupils will make decisions about spending money and keeping track of profit and loss.	How can we help in an accident or emergency? Pupils will learn basic first aid including: bites, stings, bleeding, chocking and head injuries.	How can friends communicate safely? Pupils will learn about personal boundaries and how to seek support.	How can drugs common to everyday effect health? Pupils will challenge the influence of social media and how to manage risk.	What jobs would we like? In this topic pupils will consider jobs for the future and the requirements to achieve a range of jobs within the community.



St White's Primary School PSHE Overview Year A (2025-2026) & Year B (2024-2025)



	Autumn B		Spring B		Summer B	
In PSHE, we will always address themes that occur during the term to suit the needs of the children.						
EYFS	Transition into School Zones of Regulation Topic: All About Me	Managing Needs Within this topic, we learn about the things that we do every day to look after our health and bodies.	Our Bodies Within this topic, we learn about our body parts, how they work and how to look after them.	Growth Mindset Within this topic, we learn to understand how to manage challenges and how to set goals for ourselves.	Being Safe Within this topic, we learn how we can be safe in the community, at home and online.	Changes in our Lives Transition to Year 1 How do we feel? Meet the teacher. See the classrooms.
	Addressing themes that occur during the term.	Addressing themes that occur during the term.	Addressing themes that occur during the term.	Addressing themes that occur during the term.	Addressing themes that occur during the term.	Addressing themes that occur during the term.
<u>Year 1 and 2</u>	What makes a good friend? This PSHE topic helps pupils understand the qualities of good friendships, including being kind, caring, and inclusive. Through lessons on respectful relationships, sharing, and resolving conflicts, pupils will learn how to form healthy friendships and seek help from trusted adults when needed.	How do we recognise our feelings? Within this topic, pupils will develop their understanding of how to identify and recognise their feelings, manage strong emotions, cope with change and loss. They will also look at strategies used to manage these emotions, following the Zones of Regulation curriculum.	What jobs do people do? Within this topic, pupils will learn about different jobs people do, the different skills jobs need, and they will start thinking about what jobs they might want to do in the future.	What helps us stay safe? Within this topic, pupils will develop their understanding of how rules, road safety, and identifying risky situations, both online and offline, contribute to their safety. They will also learn how to seek help from trusted adults if something feels worrying or unsafe.	What helps us grow and stay healthy? Within this topic, pupils will learn how to support their physical health by looking at the importance of rest and sleep, and how to eat a balanced diet. They will also explore sun safety and ways to balance screen time with active learning and play.	What is bullying? Within this topic, pupils will explore respectful relationships and develop their understanding of how their words and actions can affect others' feelings. They will also learn why bullying and name-calling is unacceptable and how to seek help and support.
<u>Year 3 and 4</u>	How can I stay safe online? This unit teaches pupils about the importance of online safety. They will learn how to protect their personal information, recognise potential dangers like cyberbullying or scams, and understand the	How do we treat each other with respect? Pupils will explore what respect means and how to show it in their interactions with others. The unit will cover kindness, empathy and the importance of listening and valuing different perspectives,	How can we manage our feelings? This topic focuses on emotional literacy, helping children identify and express their emotions in healthy ways. They will learn strategies to manage feelings like anger, sadness or anxiety and	What makes a community? Children will discuss the concept of community, including what makes communities strong and supportive. They'll explore the roles of different people and organisations within a community and	How can our choices make a difference to others and the environment? This topic encourages children to think about how their actions and decisions impact others and the planet. They will explore ideas around sustainability, kindness	How can we manage risk in different places? Students will learn about assessing and managing risks in various situations, whether at home, school or in the community. The focus will be on making informed decisions to stay safe while still being confident and independent.



St White's Primary School PSHE Overview Year A (2025-2026) & Year B (2024-2025)



	importance of responsible behaviour when using the internet and social media.	promoting a positive and inclusive environment.	how to seek support when needed.	understand the importance of belonging, cooperation and shared values.	and responsible citizenship, learning that even small choices can have a significant effect.	
<u>Year 5 and 6</u>	<p>Mental health and wellbeing</p> <p>Children will learn how to support their own mental health.</p>	<p>Healthy Balanced lifestyles</p> <p>Children will learn the importance of a healthy diet and the benefits of exercise on the body.</p>	<p>How can children stay safe online and the influence of social media?</p> <p>Children will learn about online relationships and how social media can impact children's lives.</p>	<p>How do our bodies change over time?</p> <p>Children will learn about how puberty is the stage of development from childhood to adulthood during which the reproductive organs mature.</p>	<p>How do our friendships change over time?</p> <p>Children will learn about how relationships change over time including marriage.</p>	