

PSHE Curriculum Overview 2025-2026

	Autumn 1 School Value – Collaboration	Autumn 2 School Value – Respect	Spring 1 School Value – Creativity	Spring 2 School Value – Perseverance	Summer 1 School Value – Caring	Summer 2 School Value – Reflectiveness
Nursery	<b>Being Me in My Word</b> Kind hands.	<b>Celebrating Difference</b> Children in need and anti-bullying week.	<b>Dreams and Goals</b> Working towards a goal.	<b>Healthy Me</b> Looking after my body.	<b>Relationships</b> Who lives in my house? Who are my friends and how can I make friends?	<b>Changing Me</b> Comparing the differences between themselves now and them as a baby.
Reception	<b>Being Me in My Word</b> Self-identity, understanding feelings, being gentle and rights and responsibilities.	<b>Celebrating Difference</b> Identifying talents, being special, families, where we live, making friends and standing up for yourself.	<b>Dreams and Goals</b> Challenges. Perseverance, goal setting, overcoming obstacles, seeking help, jobs and achieving goals.	<b>Healthy Me</b> Exercising bodies, physical activity, healthy food, sleep, keeping clean and safety.	<b>Relationships</b> Family life, friendships, breaking friendships, falling out, dealing with bullying and being a good friend.	<b>Changing Me</b> Family life, friendships, breaking friendships, falling out, dealing with bullying and being a good friend.
Year 1	<b>Being Me in My Word</b> Feeling special and safe, being part of a class, rights and responsibilities, rewards and feeling proud, consequences and owning the learning charter.	<b>Celebrating Difference</b> Similarities and differences, understanding bullying and knowing how to deal with it, making new friends and celebrating the differences in everyone.	<b>Dreams and Goals</b> Setting goals, identifying successes and achievements, celebrating achievements, tackling new challenges, identifying and overcoming obstacles and feelings of success.	<b>Healthy Me</b> Keeping myself healthy, healthier lifestyle choices, keeping clean, being safe, medicine safety/safety with household items, road safety and linking health and happiness.	<b>Relationships</b> Belonging to a family, making friends/being a good friend, physical contact preferences, people who help us, qualities as a friend and person, self-acknowledgement, being a good friend to myself and celebrating special relationships.	<b>Changing Me</b> Life-cycles animal and human, changes in me, changes since being a baby, differences between boys and girls (including private parts), Learning and growing, coping with change - transition to year 2.
Year 2	<b>Being Me in My Word</b> Hopes and fears for the year, rights and responsibilities, rewards and consequences, safe and fair learning environments.	<b>Celebrating Difference</b> Similarities and differences, understanding bullying, problem solving, gender diversity, and celebrating being unique.	<b>Dreams and Goals</b> Setting goals, perseverance, working as a team, reflect on how team work helps us and celebrating achievements.	<b>Healthy Me</b> Keeping myself healthy, relaxation, healthy eating and nutrition and medicine safety.	<b>Relationships</b> Different types of family, physical contact boundaries, friendship and conflict, secrets, trust and appreciation and expressing appreciation for special relationships.	<b>Changing Me</b> Life cycles in nature, growing from young to old, increasing independence, differences in boys and girls (including private parts), assertiveness and preparing for the transition to year 3.