

PSHE Long Term Overview/Progression of Learning 2026/27

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE Themes	Me and My Relationships 	Valuing Difference 	Keeping Safe 	Rights and Respect 	Positive Self Beliefs 	Growing and Changing 
Reception	- To identify families and people who care for me - To know all about me - What makes me special? - Me and my special people - Online relationships	- I'm Special, You're Special - Same and Different - I am caring - I am a good friend - Online bullying EYFS	- What's safe to go into my body - Keeping myself safe - Safe indoors and outdoors - Listening to my feelings - People who help keep me safe - Safe adults	- Being kind to others - Being helpful in the home and at school - Caring for our world - Looking after money (buying and selling/role-play)	- To bounce back after failure - To have a go at something new. - Putting healthy food into my body - Moving my body - A good night's sleep	- To identify the seasons - To observe life stages in plants, animals, humans - Babies grow into children, then teenagers, then adults - Getting bigger/who will I be? - My body and me
Year 1	- To learn classroom rules - To take turns - To show how we listen to our teachers - To identify good friends - Tricky adults/safe adults online and offline Y1	- To know we have the freedom to choose for both boys and girls - To identify what makes us unique - To know our likes and dislikes - To identify online bullying Y1	- Know what to do if you are hurt physically or feelings are hurt. - To identify online harms and safety - To know that girls and boys have the freedom to choose what they like/don't like - Keeping safe near roads. - Tricky adults/safe adults online and offline Y1	- Respecting others' personal space - Saying sorry to others - Know we have rights and we don't take them away from others	- To eat a rainbow of healthy food - Being comfortable in our own skin/freedom of expression - Being hygienic and washing hands etc.	- My body belongs to me/name body parts using correct terms for genitalia - How will my body change as I grow? - Where do babies come from? - To know it's okay to say no - To identify that we have private parts of our body (Pantosaurus) - To identify good and bad touches (Pantosaurus song)

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Year 2	- To identify special people to us - To learn how to treat our class mates. - To greet others :how are you feeling today? - To identify tricky adults and safe adults online and offline Y2	- To express our feelings about different things. - To respect others' choices - To spend time with others in different groups and with different safe adults. (Flairs) - To identify good manners. - To identify online bullying Y3	- To know who to tell if you are worried about something. - To learn the difference between social conflict and bullying. - To keep safe near water.	- To know we have th right to personal space (Smartie Tube) - Caring for our environment. - To learn the value of money.	- To know the importance of brushing my teeth - To identify what can my body do? - To learn how to keeping clean, brushing hair, cleaning teeth. - To own our mistakes and learn from them.	- To respect boundaries – my body, your body. - To respect privacy and which secrets shouldn't be kept - To recognise how we have grown and how our body changes.
Year 3	- To know how to get help from safe adults. - Learn what a loving relationship is. - To show care and concern for others. - To know the differences between natural conflict and bullying. - To identify tricky adults and safe adults online and offline.	- To respect others' backgrounds, choices, beliefs. - To know that girls and boys have the freedom to choose - To spend time with others of different ages (Endeavours/Expeditions). - Celebrate our differences - Speak kindly to others (toothpaste story).	- To learn basic first aid (Endeavours) - To keep safe near rail, road and water. - To identify healthy and unhealthy risks including online. - To learn to say no assertively.	- To learn the Edisford Code of Conduct by heart – right to learn, right to be respected, right to be safe. - To volunteer help for others (People Skills Endeavour). - To spend money wisely.	- To have a can-do attitude. - Being independent and doing things for ourselves. - Identifying things we are good at and things we need to work on (Points Sheets). - To show Marvellous Manners. - Own our mistakes and say sorry.	- To identify life cycles of different animals. - To learn how our bodies change as we grow and that boys and girls are different. - To learn what consent is and that our body belongs to us.

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Year 4	- To work together with class mates to solve a problem. - To know how to make the right choice inside and outside. - Tricky adults and safe adults online and offline Y4.	- To accept others for who they are – it's okay to be different. - Showing tolerance for others. - Friends or acquaintances – what is the difference?	- To think before you click! Online risk. - To identify dangers, risks and hazards and what to do. - To know the law and social media – what age can I represent myself online? - Know what to do if we are lost.	- To exercise democracy e.g. voting for others in Ambassador elections. - Representing the school – good role models. - How are laws made in Britain? - Two sides to every story – The Maligned Wolf story.	- Being okay and not being okay – what is the difference? - To persevere with hard challenges e.g. points sheet/Touching the Void story. - What will I become? Jobs v type of person I'd like to be. - Earning points for five characteristics areas.	<u>Sex Education – Consent requested</u> How do humans reproduce?
Year 5	- To identify healthy and unhealthy relationships. - To learn how to act appropriately for our age. - Tricky adults and safe adults/older teenagers online and offline Y5.	- To know that our families all look different and that's okay. - To understand the pressures of being a girl and a boy and how to deal with them. - To identify how we are the same but different – no one is quite like us.	- To learn wider first aid skills such as resuscitation. - What different types of bullying are there and how do we deal with them? - Vaping or smoking – the dangers and risks (English lung dissection).	- Understand that Britain is a democracy and we have British values (Ambassador Elections). - Know the age we can vote (18years) and that women didn't always have the vote until 1928. - Know the names of some Prime Ministers/famous leaders.	- Sticking to a budget (Endeavours People Skills/DT cooking) - Keeping fit and healthy – what do we do? - How to stay calm and manage our feelings. - Working on area weakest at on Points Sheets.	<u>Sex Education – Consent requested</u> Human and plant reproduction.

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Year 6	- To identify peer pressure and how to deal with it. - To resolve conflict and repair relationships. - To stay safe as we become older and reach adolescence, both online and offline.	- To spend time in diverse company, trying new things and seeking new experiences. - Accepting that it is okay to think and feel differently. - Identifying extremes of opinion that might be harmful e.g. extremism	- To identify risky behaviour and safe behaviour. - To know how to check if someone is breathing, how to perform CPR and other first aid. - To recognise harmful language online and offline.	- To learn the term sexism and its effects and harms. - Know how British law affects us and the age of criminal responsibility. - Know what an MP is (member of Parliament elected by the constituency).	- To care for our mental health, nurturing a growth mindset. - To try new hobbies, exercise often and nurture a good sleep routine. - To perform onstage in a live production, confidently to a large audience.	<u>Sex Education – Consent requested</u> - How are babies/human offspring conceived? - Learn that our bodies change physically and functionally during puberty. - Learn what is meant by the terms gender and sexuality. - Understanding that sending nude videos or pictures is illegal without consent and damages our reputation.