

PSHE Overview 2025-26



	Autumn Being Me in My World Celebrating Difference	Spring Dreams and Goals Healthy Me	Summer Relationships Changing Me
EYFS	Understanding feelings Being gentle Families Being Special Rights and Responsibilities Making friends Where we live	Challenges Goal setting Persevering with activities Keeping clean Healthy food Physical activities	Growth and change Being a good friend Friendships Life at home Celebrations Growing up Getting ready for Year 1
Year 1	Being Safe Rights and responsibilities Rewards & Feeling Proud Consequences Giving and Receiving Love and Kindness (Liverpool Plans) Accept that everyone is different Know how to help if someone is being bullies	Achieving Together Overcoming Obstacles Healthy Choices Clean and Healthy Road Safety Medicine Safety People Who Help Me Stay Safe (Liverpool Plans)	Families Making Friends People who help us Kind and Caring Friends Unkind and uncaring friendships (Liverpool Plans) Being gentle and rough (Liverpool Plans) Ways to make up (Liverpool Plans) How my body has changed since I was a baby. Identifying and naming body parts
Year 2	Hopes and Fears for the future Rights and Responsibilities Rewards and Consequences Positive and Negative Emotions in Relationships (Liverpool Plans) Understanding male and female stereotypes Valuing differences	Achieving realistic goals Group co-operation Relaxation Healthy Eating Medicine Safety	Different types of family Friends and Conflict Trust and Appreciation I'm Worried About a Friendship (Liverpool Plans) Deciding we shouldn't be friends anymore (Liverpool Plans) I'm worried about something at home (Liverpool Plans) Tricky Grown ups (Liverpool Plans) Growing from young to old Naming body parts Being ready for Year 3

<p>Year 3</p>	<p>Recognising my worth Understanding Rules and Responsibilities How do we show care (Liverpool Plans) Different Families Being a witness to bullying and what to do Words that harm What is a bystander (Liverpool Plans)</p>	<p>Difficult challenges and achieving success Growth of babies Inside and outside body changes Managing feelings Exercise, healthy choices and fitness challenges Positive Online Friendships (Liverpool Plans) Feeling pressured by others (Liverpool Plans)</p>	<p>Family roles and responsibilities Friendships and negotiations Stuck in the middle (Liverpool Plans) Being assertive (Liverpool Plans) Outside and inside body changes Family stereotypes</p>
<p>Year 4</p>	<p>Becoming a class team Being a school citizen – rights and responsibilities Judging by Appearance Understanding influences Problem solving What to do about bullying (Liverpool Plans)</p>	<p>Overcoming Disappointment Creating New Dreams Smoking and Alcohol Group Dynamics Adverse online friendships (Liverpool Plans) Getting help and personal safety (Liverpool Plans)</p>	<p>Love and Loss Memories of Loved Ones I have argued with my best friend (Liverpool Plans) Ending a friendship (Liverpool Plans) Being Unique Accepting Change</p>

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Year 5	Being a Citizen of my Country Rewards and Consequences Different Points of View (Liverpool Plans) Racism and Name Calling Different Cultures Friendships Changing (Liverpool Plans) Friendship Arguments (Liverpool Plans) What is an enabler? (Liverpool Plans)	Future Dreams and career aspirations Smoking and Alcohol Emergency aid Body Image	Self- recognition and self – worth Safer online communities Rights and responsibilities online Internet safety and the dangers of grooming Feeling worried at home (Liverpool Plans) Family arguments (Liverpool Plans) Grooming (Liverpool Plans) Social media and internet influences on body image Coping with change Preparing for transition
Year 6	Global citizenship Identifying goals for the year Children’s universal rights Understanding Difference Power Struggles Why do people bully? Coercion (Liverpool Plans) Types of peer pressure (Liverpool Plans) Managing peer influence (Liverpool Plans)	Personal learning goals Emotions of success Making a difference in the world Recognising achievements Gang culture Emotional and mental health Managing stress County Lines (Liverpool Plans)	Love and loss Power and assertiveness Technology safety Respect (Liverpool Plans) My Self Image Respect and Consent Transition into secondary school Giving and seeking permission (consent) (Liverpool Plans) Exploitation (Liverpool Plans)