



PSHE at Highfield Overview



Topics																						
Autumn – Bright Lights, Big City Spring – Ready, Steady, Cook Summer – Amazing Animations				<table><tr><th>Key</th><th>Colour</th></tr><tr><td>RSE Objectives/Discovery Espresso Health & Relationships</td><td></td></tr><tr><td>Cross Curricular link with science</td><td></td></tr><tr><td>BV (British Values)</td><td></td></tr><tr><td>Cross Curricular link with PE</td><td></td></tr><tr><td>Cross Curricular link with maths</td><td></td></tr><tr><td>Cross Curricular link with geography</td><td></td></tr><tr><td>Cross curricular link with ICT</td><td></td></tr></table>			Key	Colour	RSE Objectives/Discovery Espresso Health & Relationships		Cross Curricular link with science		BV (British Values)		Cross Curricular link with PE		Cross Curricular link with maths		Cross Curricular link with geography		Cross curricular link with ICT	
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2025-2026																						
Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2																
Berry Class	<u>Keeping Safe</u> - Can keep themselves safe around school - Can understand stranger danger - Can understand safe and unsafe relationships - Can assess risks associated with increased freedom - Can keep themselves safe in the community - Can understand that parts of the body are private <u>Self-Awareness</u> - Can manage their physical health - Can manage their sensory needs - Can use appropriate behaviour in different relationships <u>Emotional Regulation</u> - Can tolerate when situations have not gone as expected - Can accept change & recognise feelings - Can show positive learning behaviours - Can express feelings appropriately & utilise strategies for emotional regulation			<u>Transitions</u> - Can make successful transitions to different environments - Can manage transitions in life stages/events - Can make successful transitions between activities within the classroom - Can manage transitions between home and school <u>Community Inclusion</u> - Can be safe in the community - Can stay safe online - Can travel independently - Can understand road safety - Can recognise bullying <u>Health, Hygiene and Puberty</u> - Can maintain good hand, dental and bodily hygiene - Can engage in physical exercise as appropriate to their needs - Can understand how their body will change (puberty) - Can manage their menstruation needs (girls only)																		
EYFS	<u>Self-Regulation</u> - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. - Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. <u>Managing Self</u> - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. - Explain the reasons for rules, know right from wrong and try to behave accordingly. - Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. <u>Building Relationships</u> - Work and play cooperatively and take turns with others. - Form positive attachments to adults and friendships with peers. - Show sensitivity to their own and to others’ needs																					

Year 1	E-safety Be Proud of Who You Are Week/BV Who am I? Keeping safe in school Being a good friend CT: Tolerating Differences Anti-racism NSPCC–PANTS	Personal Safety Gifts and talents Understanding jealousy What is bullying? Secrets and surprises Identifying feelings	Review E-safety Our Daily Routine Keeping Clean Dental Health Growing and Changing Families and Care	Staying healthy Medicines Who gives us medicines? Going to hospital	Review E-safety Cooperation in a group Living together Outdoor safety Environment	Celebrating different kinds of families Values of coins and notes Needs and wants Looking after my money Understanding change
Year 2	E-safety Be Proud of Who You Are Week. Circle Time – Celebrating difference - Tolerance and acceptance of the beliefs of others. Anti-racism Resolving arguments and working with others Individual Liberties. Rights and responsibilities. NSPCC – PANTS	Being cared for Loss of things you care about and bereavement Effects of bullying Choices and consequences Habits and obstacles to change Self-awareness Managing feelings	Review E-safety Differences: boys & girls Differences: males & females Naming Body Parts Body image Exercise and fitness	Risk Hazardous substances Safety Rules Emergency services – when and how they can help us	Review E-safety Golden Rules Review The rule of law Community People who help us Gender and work Urban and rural environments World environments	Celebrating different kinds of families Keeping track of money Spend or save? Where money comes from Rights and responsibilities
Year 3	E-safety Be Proud of Who You Are Week/BV Anti-racism Individual Liberties. Rights and responsibilities Responding to different viewpoints Resolving conflict	Being assertive Resisting pressure from others Taking responsibility for behaviour Learning styles Planning to reach a Goal Recognising feelings in others & understanding body language	Review E-safety Differences: male and female Personal Space & Touch Family Differences Gender roles at home and school	Why People Smoke Physical effects of smoking No Smoking Being physically active	Review E-safety Staying safe Our community in the media Organisations which help our community Rubbish and recycling	Celebrating Differences & Tackling Homophobia Ways to pay Lending and borrowing Earning money Jobs Other people's lives around the world
Year 4	E-safety Be Proud of Who You Are Week/BV Anti-racism Emotional barriers to Learning Developing Resilience	Coping with disappointment Celebrating each other's strengths Protecting against cyberbullying Different types of relationships Losing someone we care about	Review E-safety Growing Up: Main stages of life What is puberty? Puberty changes and reproduction Changes in relationships at home Being active Friendships	Confidence and self esteem Strengths and weaknesses Habits and self-control Alcohol and rise Limits to drinking alcohol Choosing the right health service	Review E-safety Housing needs and wants Home is... Rights & Responsibilities at home Celebrations in different cultures Accepting differences	Celebrating differences & tackling homophobia Using accounts to keep money safe What are charities? Rules & responsibilities in society
Year 5	E-safety Be Proud of Who You Are Week Anti-racism Individual Liberties. Rights and responsibilities Welcoming & belonging Teamwork Giving praise and positive feedback	Body image and the media Positive physical and emotional health Raising concerns and helping friends in need Schools abroad Different communities Democracy, government and politics Losing someone we care about	Review E-safety Forgiveness and friendships Understanding embarrassment Consequences of teasing and bullying Importance of anger management	Legal and illegal drugs (including tobacco and alcohol) Attitudes to drugs Peer Pressure Healthy lifestyle choices: judging risk	Review E-safety Campaigns and media influence Talking about puberty Male and female changes Puberty and hygiene	Celebrating Differences & Tackling Homophobia Foreign currency What influences spending? Saving money Changing schools

Year 6	E-safety Be Proud of Who You Are Week Anti-racism Individual Liberties. Rights and responsibilities Celebrating achievements Making future plans Resilience and perseverance Different viewpoints	Managing overwhelming feelings Accepting our part in a conflict Assertiveness Communication in relationships (including online safety)	Review E-safety YEP – Gangs & Staying Safe Road Safety & Stranger Celebrating Differences & Tackling Homophobia	Drug education VSA, Getting help and First Aid Help, advice and support Managing stress: my leisure time	Review E-safety Helping others - at home, at school and in the community Local and global communities Inequalities Effects of economic choices Debt and risk Enterprise	Responsibilities at secondary school Safer journeys Changes & Transition to Secondary School Puberty & reproduction Understanding relationships Conception & Pregnancy Health services Healthy families and nutrition
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