



PSHE at Highfield Overview



Topics
Autumn – Brainwaves
Spring – Let's Perform
Summer – Go Green!

Link	Colour
BV (British Values)	
Parents have the right to withdraw their child from this lesson	
Personal Safety & Safeguarding	

2026-2027

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 water and 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)		
	Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
EYFS	<u>NSPCC Pants</u> <u>Self-Regulation: My feelings</u> Identifying my feelings Feelings jars Coping strategies Describing feelings Facial expressions Creating a calm corner	<u>Building relationships: Special relationships</u> My family Special people Sharing I am unique My interests Similarities and differences	<u>Managing self: Taking on challenges</u> Why do we have rules? Building towers Team den building Grounding Team races Circus skills	<u>Self-regulation: Listening and following instructions</u> Simon says Listening to a story Pass the whisper Obstacle races Blindfold walk Treasure hunt	<u>Building relationships: My family and friends</u> Festivals Sharing What makes a good friend? Being a good friend Teamwork	<u>Building relationships: My family and friends</u> Celebrating friendships <u>Managing self: My wellbeing</u> What is exercise? Yoga and relaxation Looking after ourselves Being a safe pedestrian Eating healthily A rainbow of food
Year 1	<u>E-safety</u> Tolerating differences <u>NSPCC Pants</u> <u>My Healthy Self</u> What emotions can we recognise? When and why do people show different emotions? How can emotions change?	<u>Connecting with others</u> What makes me special? How do families show love and care for each other? What helps be feel safe and cared for? What is a friend?	<u>The Online World</u> When am I online? What can I do online and what can I do in person? How should I behave when I use a device? How can I balance screen time with in-person activities?	<u>Citizenship</u> What do babies and toddlers need? What do animals need? How can we look after our school environment? How can I share my ideas respectfully?	<u>Review E-safety</u> <u>Health Protection</u> How and why do we wash our hands? How can I protect myself in any weather? Who helps us stay healthy? What should I do if I feel	<u>Staying Safe</u> How can I stay safe at home? What is safe for our bodies? What rules can keep me safe? How can I stay safe near roads? How might my body feel when something is unsafe? Who can keep me safe?

	What helps us to feel calm or excited? What might make us feel worried, annoyed or upset? What can we do when our feelings get tricky?	How can we have a kind and friendly class? How should people behave towards others?	What should I do if I see something online that worries me? How can I stay safe online?	Who helps us look after our local environment? How do rules help everyone?	unwell? Who helps us stay healthy?	
Year 2	E-safety Celebrating differences NSPCC Pants My Healthy Self How does moving my body make me feel? Why is sleep important? What foods can help me stay healthy? How can I make healthy food and drink choices? What can I do to keep my teeth clean and healthy? How can I make healthy choices every day?	Connecting with others How are we different and the same? How are families different and the same? How can I show my feelings kindly? How can I let others know what is okay or not okay for me? Who can I talk to if somethings does not feel right? What should I do if someone is being unkind again and again?	The Online World What can we do online and how can we do it safely? Who can see information shared online? What is private information? How do I know if private information has been shared online? Is everything we see online real? What should I do if something online worries me?	Citizenship Where do we belong? How are people in the community similar and different? What is democracy? What is money? Where does money come from? What jobs do people do?	Review E-safety Growing Up How do we grow and change? How will I change as I grow up? Do I make the rules about my own body? How can I talk about my body? How can we show respect for each other's bodies? Who can I talk to if I don't feel safe?	Staying Safe What makes my body special? How can I keep my body safe? How can I make safe choices at home? How can I stay safe in different places? What can I do if I can't find my trusted adult? How can I stay safe around water?
Year 3	E-safety Celebrating differences NSPCC Pants My Healthy Self How do emotions affect my body? How can I tell how someone else is feeling? How are my mind and body connected? How does sleep help my mind and body? What can I do when I experience strong emotions? When should I ask an adult for emotional support?	Connecting with others How can I respect myself? What are personal boundaries? What makes a family? How can I be a good friend? How can we repair a friendship after falling out? What are the different types of bullying?	The Online World How do we communicate online? How can we be respectful when we communicate online? How can communication online sometimes be misunderstood? How should I respond to online bullying? Why do we need to be careful when communicating online? How can I keep myself safe online?	Citizenship 1 What are human rights? What rights should children have? How can we help the environment by reducing what we use? How can reusing items help the environment? Why is recycling important? How do local councils look after their communities?	Review E-safety Health Protection What are healthy habits? How do healthy habits help protect wellbeing? How does medicine help prevent illnesses? How can we use basic first aid to help with common injuries? How can we make informed decisions about how to seek medical help? How can we make informed decisions about when to seek medical help?	Citizenship 2 What careers do people have? Should your gender affect what job you do? What influences career choices? What job might be for me? Why make a career change? How can workplace stereotypes be challenged?
Year 4	E-safety Rights and Responsibilities NSPCC Pants My Healthy Self What is a balanced diet and why does having one matter? How can being active help my mind and body? How can I keep my energy up throughout the day? How can I get support for myself and others? How can I respond when things feel hard?	Connecting with others How can I show self-respect? How can I show respect to others? How can I build trusting relationships? How can we solve friendship challenges? How should I respond to bullying? What is a stereotype?	The Online World How can the internet be helpful and challenging? Is all online content appropriate for me? Why should we be careful with what we trust online? How can we check if online information is reliable? How can we use multiple sources to check online information? Why should we question what we see online?	Citizenship How do people pay for things? Why keep track of money? What does budgeting mean? What is value for money? How do people feel about money? What happen when people spend money?	Review E-safety Growing Up What are body boundaries? How will I grow and change during puberty? Which emotional changes could I experience when growing up? What is a period? How can we show kindness and understanding about body changes? Who can I talk to about growing up?	Staying Safe How can I tell if a situation is unsafe? What do I do if a situation feels unsafe? How can I stay safe around traffic? Why can water be dangerous? What drugs are safe or unsafe? How can I prevent accidents? How can I prevent accidents?

	Why is helping others good for me too?					
Year 5	<u>E-safety</u> Rights and Responsibilities NSPCC Pants <u>My Healthy Self</u> What do food labels really tell us? How active am I and how can I move more? What are the difference types of physical activity and how do they affect us? How can I recognise complex feelings? How can I respond to strong and complex feelings? How can we tell when someone might need support?	<u>Connecting with others</u> What makes me who I am? How do families show commitment to each other? How can families support and protect each other? What helps us make and maintain healthy friendships? How can we manage challenges in friendships? How can I be assertive and respectful?	<u>The Online World</u> How do adverts try to influence us online? How are adverts chosen for me online? How else am I influenced online? How do online trends shape our future? How does what we see online influence our viewpoints? How can some online messages be misleading?	<u>Citizenship 1</u> How can we show care for others? How does the UK government work? What is the role of a local councillor? What are pressure groups? How can people influence the decisions made by the government?	Review E-safety <u>Growing Up</u> How will my body grow during puberty? How can I keep myself clean and hygienic? How can we treat others with kindness during puberty? How can I manage my emotions? What is a period? How can I challenge behaviour which crosses personal boundaries?	<u>Citizenship 2</u> Why should people prioritise needs over wants? What is borrowing and loaning? What is a weekly budget? What are the risks of handling money online? How do people keep money safe? What are the risks of gambling?
Year 6	<u>E-safety</u> <u>My Healthy Self</u> Why do healthy teeth matter for the future? How can I eat for a healthier future? What habits might support my future health? How can I recognise and regulate complex feelings? How does my mindset affect my personal growth? How can I support self-esteem for myself and others?	<u>Connecting with others</u> How does self-esteem help me? How can I be respectful in different situations? How can I set and respect boundaries? How can we challenge unfairness? How can we work together to stop bullying? When and how should I seek help?	<u>The Online World</u> How do online platforms keep users engaged? How can I make safe choices if I am gaming online? Is online content always realistic? What is harmful online behaviour? Does what we post online matter? How does being online make me feel?	<u>Citizenship</u> How do rights and responsibilities work together? How can I Balance my rights and responsibilities? Why should children have a right to an education? How are our rights protected? Why is it important to challenge prejudice and discrimination? How can stereotypes limits people's choices?	Review E-safety <u>Staying Safe</u> How can I stay safe on my own at home? How can I stay safe outside on my own? How can I travel safely on my own? How can I stay safe in, on and around water? How can I stay safe when I feel peer pressure? What happens if drugs are misused?	<u>Sex Education</u> Which words can we use to describe our private body parts? How are babies made? What happens in pregnancy and how are babies born? How are families formed? How does life change after having a baby? What is consent?