

Whole School PSHE Overview – September 2026

	Autumn Term		Spring Term		Summer Term	
FSU	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Achieving and setting goals Overcoming obstacles Seeking help Jobs	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
KS1 (Cycle A)	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Perseverance and strengths Learning styles Learning with others Working well and celebrating achievement with a partner Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Safety out and about Medicines	Belonging to a family Making friends/being a good friend Physical contact preferences Self-acknowledgement Being a good friend to myself Secrets Trust and appreciation Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Assertiveness Preparing for transition
KS1 (Cycle B)	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
	Hopes and fears for the year Rights and responsibilities Rewards and consequences	Assumptions and stereotypes about gender Understanding bullying	Tackling new challenges Identifying and overcoming obstacles Achieving realistic goals	Motivation Healthier choices Healthy eating and nutrition Safety in the home	Different types of family Physical contact boundaries Friendship and conflict	Life cycles in nature Growing from young to old Increasing independence

	Safe and fair learning environment Valuing contributions Choices Recognising feelings	Standing up for self and others Making new friends Celebrating difference and remaining friends	Staying healthy to achieve goals Group co-operation Contributing to and sharing success	Medicine safety/safety with household items Road safety Linking health and happiness	Expressing appreciation for special relationships People who help us Qualities as a friend and a person	Differences in female and male bodies (correct terminology) Linking growing and learning Coping with change Preparing for transition
LKS2 (Cycle A)	Being Me in My World Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Group decision making Having a voice What motivates behaviour	Celebrating Difference Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments Challenging assumptions Understanding bullying Problem-solving	Dreams & Goals Overcoming disappointment Difficult challenges and achieving success Recognising and trying to overcome obstacles Evaluating learning Processes Contributing to the community Managing feelings Simple budgeting	Healthy Me Exercise Food labelling and healthy swaps Attitudes towards drugs Keeping safe online and offline Respect for myself and others Smoking Alcohol and vaping Healthy and safe choices outdoors Water safety Asking for help	Relationships Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Media influence Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals	Changing Me How babies grow Outside body changes Inside body changes Confidence in change Accepting change Preparing for transition Environmental change
LKS2 (Cycle B)	Being Me in My World Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Responsible choices Seeing things from others' perspectives	Celebrating Difference Families and their differences Family conflict and how to manage it (child-centred) Judging by appearance Accepting self and others Understanding influences	Dreams & Goals Dreams and ambitions Motivation and enthusiasm Hopes and dreams Creating new realistic dreams Achieving goals Working in a group Celebrating contributions	Healthy Me Healthier friendships Peer influences Railway safety Staying safe with friends Assertiveness Peer pressure Celebrating inner strength	Relationships Jealousy Love and loss Memories of loved ones Being a global citizen How my choices affect others Awareness of other children's different lives	Changing Me Being unique Girls and puberty Being part of a family Personal hygiene Family stereotypes Challenging my ideas Preparing for transition

		Identifying how special and unique everyone is First impressions	Resilience Positive attitudes		Expressing appreciation for family and friends	
UKS2 (Cycle A)	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
	Planning the year ahead Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Future dreams Spending, saving and value of money Jobs and careers Dream job and how to get there Making a difference in the world Motivation Recognising achievements Compliments	Smoking, including vaping Alcohol and vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Power and control Assertiveness Technology safety Take responsibility with technology use	Self-image Body-image Puberty and feelings Conception (including IVF) Conception to birth Reflections about change Physical attraction Respect and consent Preparing for transition
UKS2 (Cycle B)	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict Difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Goals in different cultures Supporting others (charity) Motivation	Taking personal responsibility How substances affect the body Exploitation including 'county lines' and gang culture Emotional and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Online gaming and risks Reducing screen time Dangers of online grooming Internet safety rules	Self and body image Influence of online and media on body image Puberty for girls Puberty for boys Boyfriends/girlfriends Sexting Growing responsibility Coping with change Preparing for transition