



Raughton Head CE Primary School - PSHE Curriculum Yearly Overview

2025 - 2026	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 1 (EYFS/Year 1)	Health & Well being Healthy Me Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Health & Well being Changing me Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations	Relationships Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Relationships Celebrating Difference Identifying talents Being special Families Where we live Making friends Standing up for yourself	Living in the wider world Being me in my world Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Living in the wider world Dreams and Goals Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals
Class 2 (Year 2/Year 3)	Health & Well being Healthy Me Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Health & Well being Changing Me Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for	Relationships Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Relationships Celebrating difference Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating	Living in the wider world Being me in my world Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices	Living in the wider world Dreams and Goals Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success

		transition		differences and remaining friends	Recognising feelings	
Class 3 (Year 4/5/6)	Health & Well being Healthy me Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress	Health & Well being Changing Me Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/ girlfriends Sexting Transition	Relationships Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safe Take responsibility with technology use	Relationships Celebrating difference Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Living in the wider world Being me in a wider world Identify 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	Living in the wider world Dreams and Goals Personal learning goal, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments