# PSHE Overview 2026/27– Oldfield Primary School

All year groups, from Reception to Year 6, cover the same topics throughout the year. Each topic covers the same theme at an age-appropriate level.

| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| **Families and Friendships** | | **Living in the wider world** | | **Health and wellbeing** | |
| Me and My Relationships | Valuing Difference | Keeping Safe | Rights and Respect | Being my Best | Growing and Changing |

*PSHE in EYFS is referred to as: Personal, Social and Emotional Development for which there are the following Early Learning Goals (ELGs) which run concurrently across the whole year:

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| **Reception ELGs** | **ELG: Building Relationships**<br>- Work and play cooperatively<br>-Turn taking<br>- Form positive attachments to adults and friendships with peers;<br>- Show sensitivity to their own and to others' needs | **ELG: Self-Regulation**<br>- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;<br>- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;<br>- Give focused attention to what the teacher says, responding appropriately<br>even when engaged in activity, and show an ability to follow instructions<br>involving several ideas or actions. | **ELG: Managing Self**<br>- Be confident to try new activities and show independence, resilience and<br>perseverance in the face of challenge;<br>- Explain the reasons for rules, know right from wrong and try to behave<br>accordingly;<br>- Manage their own basic hygiene and personal needs, including dressing,<br>going to the toilet and understanding the importance of healthy food choices. |

| Year/Half-termly unit titles | 1<br>Me and my Relationships | 2<br>Valuing Difference | 3<br>Keeping Safe | 4<br>Rights and Respect | 5<br>Being my Best | 6<br>Growing and Changing |
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| **EYFS** | What makes me special<br>People close to me<br>Getting help | Similarities & difference<br>Celebrating difference<br>Showing kindness | Keeping my body safe<br>Safe secrets & touches<br>People who help to keep us safe | Looking after things: friends, environment, money | Keeping by body healthy – food, exercise, sleep<br>Growth Mindset | Cycles<br>Life stages<br>Girls & boys – similarities & difference |
| **Y1** | Feelings<br>Getting help<br>Classroom rules<br>Special people<br>Being a good friend | Recognising, valuing & celebrating difference<br>Developing respect & accepting others<br>Bullying & getting help | How our feelings can keep us safe – inc. online safety<br>Safe & unsafe touches<br>Medicine Safety<br>Sleep | Taking care of things:<br>Myself<br>My money<br>My environment | Growth Mindset<br>Healthy eating<br>Hygiene & health<br>Cooperation | Getting help<br>Becoming independent<br>My body parts<br>Taking care of self & others |
| **Y2** | Bullying & teasing<br>Our school rules about bullying<br>Being a good friend<br>Feelings/self-regulation | Being kind & helping others<br>Celebrating difference<br>People who help us<br>Listening Skills | Safe & unsafe secrets<br>Appropriate touch<br>Medicine safety | Cooperation<br>Self-regulation<br>Online safety<br>Looking after money – saving & spending | Growth Mindset<br>Looking after my body<br>Hygiene & health<br>Exercise & sleep | Life cycles<br>Dealing with loss<br>Being supportive<br>Growing & changing<br>Privacy |
| **Y3** | Cooperation<br>Online rules & restrictions<br>Online behaviours<br>Friendship (respectful relationships)<br>Coping with loss | Recognising & respecting diversity<br>Being respectful & tolerant<br>My community<br>Bullying, inc. online | Managing risk<br>Decision-making skills<br>Drugs & their risks<br>Staying safe online<br>Digital literacy | Helping & being helped<br>Looking after the environment<br>Managing money<br>Developing critical thinking | Keeping myself healthy & well<br>Celebrating & developing my skills<br>Developing empathy | Changing bodies & puberty<br>Keeping safe<br>Safe & unsafe secrets<br>Relationships, inc. online |
| **Y4** | Healthy relationships<br>Listening to feelings<br>Bullying<br>Assertive skills | Recognising & celebrating difference (inc. religions & cultural difference)<br>Understanding & challenging stereotypes | Managing risk inc. online<br>Understanding the norms of drug use (cigarette & alcohol use)<br>Influences<br>Online safety & behaviours | Making a difference (different ways of helping others or the environment)<br>Media influence & digital literacy<br>Decisions about spending money | Having choices & making decisions about my health<br>Taking care of my environment<br>My skills & interests | Body changes during puberty<br>Managing difficult feelings<br>Relationships inc. marriage |
| **Y5** | Feelings<br>Friendship skills, inc. compromise<br>Assertive skills<br>Cooperation<br>Recognising emotional needs | Recognising & celebrating difference, inc. religions & cultural<br>Critical digital awareness<br>Online Bullying & self esteem | Online safety<br>Bullying inc. online<br>Norms around use of legal drugs (tobacco, alcohol)<br>Decision-making skills | My health rights, respect & duties<br>Making a difference<br>Decisions about lending, borrowing & spending<br>Media manipulation<br>Artificial Intelligence | Growing independence & taking ownership<br>Keeping myself healthy<br>Media awareness & safety<br>My community | Managing difficult feelings<br>Managing change<br>How my feelings help keeping safe<br>Getting help |
| **Y6** | Assertiveness<br>Cooperation<br>Safe/unsafe touches<br>Positive relationships | Recognising & celebrating difference Recognising & reflecting on prejudice-based bullying<br>Bystander behaviour<br>Gender stereotyping | Understanding emotional needs<br>Staying safe online<br>Digital footprint<br>Drugs: norms & risks (inc. the law) | Understanding media bias<br>Digital critical thinking<br>Caring: communities & the environment<br>Earning & saving money<br>Understanding democracy | Aspirations<br>Managing risk<br>Looking after wellbeing<br>Digital literacy & critical thinking skills | Coping with changes<br>Keeping safe inc. online<br>AI/ deep fakes<br>Body Image<br>Sex education<br>Self-esteem |