

# Birchwood Avenue Primary School

## PSHE Curriculum, Whole School Overview- 2025-2026



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<b>Being in my World</b>	<b>Celebrating Difference</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing Me</b>
Reception	Who am I? Learning to belong How am I feeling? Being at school Using gentle hands Our rights and responsibilities	What am I good at? Understanding what makes me special Living with families and how our families are different/same Learning about houses and homes How to make friends Learning how to stand up for ourselves	Understanding the challenges we face and how to persevere To learn how to not give up Setting goals Learning how to overcome obstacles and seek support Looking towards the future What types of jobs would I like to do? Feeling proud of myself and my achievements	Understanding our bodies Why it is important to exercise Why is resting good for our bodies? To learn about healthy eating choices. The importance of sleep How to keep clean The rules around 'Stranger danger'	My family and me. Being lonely. Solving disagreements. Falling out. How to approach bullying. Learning how to calm down. Learning to be a good friend	Learning the names of body parts. Respecting my body. What happens as we grow up? Preparing for transition to Year 1 Reflecting on our year together
Year 1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	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 Working well, celebrating achievement Identifying and overcoming obstacles	Keeping myself healthy Healthier lifestyle choices- being clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Celebrating special relationships	Belonging to a family Making friends/being a good friend People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself
Year 2	Hopes and fears for the year	Assumptions and stereotypes about gender	Achieving realistic goals Perseverance Learning strengths Learning with	Motivation Healthier choices Relaxation	Different types of family Physical contact boundaries	Life cycles in nature Growing from young to old Increasing

	Rights and responsibilities Safe and fair learning environment Valuing contributions Recognising feelings	Understanding bullying Making new friends Gender diversity Celebrating difference and remaining friends	others Group co-operation Contributing to and sharing success	Healthy eating and nutrition	Friendship and conflict Trust and appreciation Expressing appreciation for special relationships	independence Differences in female and male bodies Assertiveness
Year 3	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Managing feelings Simple budgeting	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Healthy and safe choices Keeping safe and why it's important online. Respect for myself and others	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition
Year 4	Being part of a class team Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
Year 5	Planning the forthcoming year Rights and responsibilities Rewards and consequences How behaviour affects groups	Cultural differences and how they can cause conflict Racism Rumours and name-calling	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures	Smoking, including vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices	Self-recognition and self-worth Building self-esteem Safer online communities Reducing screen time Dangers of online	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF)

	Democracy, having a voice, participating	Types of bullying Enjoying and respecting other cultures	Supporting others (charity) Motivation	Motivation and behaviour	grooming SMARRT internet safety rules	Coping with change Preparing for transition
Year 6	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued 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	Personal learning goals, in and out of school Emotions in success Making a difference in the world Recognising achievements Compliments	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 Power and control Assertiveness Technology safety	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition