

St Stephen Churchtown Academy

Curriculum Overview – PSHE



<u>2025-2026</u>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me & My relationships	Valuing Difference	Growing & Changing	Keeping Safe	Rights & Respect	Being my Best
Nursery 2-3	Sharing Turn Taking Developing Friendships Co-operative Play Negotiation Unfamiliar People	Tidy Up Ownership Helping Others Community	Recognising Feelings Expressing Feelings Emotions in Play and Art Self Regulation	Fine Motor Skills Sensory Exploration Physical Capabilities	Security and Belonging Safety Safe Exploration of Environments	Parent Participation Learning at Home
Nursery 3-4	1x lesson on British Values Respecting Myself Marvellous me! (coramlifeeducation.org. uk) I'm special (coramlifeeducation.org. uk) Growth Mindset I can keep trying (coramlifeeducation.org. uk)	Tolerance & Respect 1x lesson on black history month Me and my friends (coramlifeeducation.org. uk) Friends and family (coramlifeeducation.org. uk) Including everyone (coramlifeeducation.org. uk)	Growing and changing in nature (coramlifeeducation.org. uk) When I was a baby (coramlifeeducation.org. uk) Gender Growing and changing in nature (coramlifeeducation.org. uk)	Keeping Myself and Others Safe Safety Indoors and Outdoors (coramlifeeducation.org. uk) What's safe to go into my body (coramlifeeducation.org. uk) 1x lesson on road safety: Stop, look, listen	People who help me and keep me safe (coramlifeeducation.org. uk) People who are special to me (coramlifeeducation.org. uk) Looking after others (coramlifeeducation.org. uk) Mental Health Week May 11th	Healthy Living What does my body need? (coramlifeeducation.org. uk) Looking after myself (coramlifeeducation.org. uk) The Environment Looking after my environment (coramlifeeducation.org. uk)

	<u>I can do it!</u> (coramlifeeducation.org.					
	uk) 1x lesson on British Values	Tolerance & Respect		Keeping Myself and Others Safe		Healthy Living
	Respecting Myself All about me (coramlifeeducation.org.	1x lesson on black history month I'm special, you're	Growing <u>Life Stages: Human life</u>	What's safe to go onto my body (coramlifeeducation.org.	The People Around Me	Healthy eating (coramlifeeducation.org. uk)
	uk) What makes me special (coramlifeeducation.org.	special (coramlifeeducation.org. uk)	stage - who will I be? (coramlifeeducation.org. uk)	uk) Keeping Myself Safe - What's safe to go into	Looking after my special people (coramlifeeducation.org.	My healthy mind (coramlifeeducation.org. uk)
	My feelings (coramlifeeducation.org.	Same and different (coramlifeeducation.org. uk)	Getting bigger (coramlifeeducation.org. uk)	my body (including medicines) (coramlifeeducation.org. uk)	uk) Being helpful at home and caring for our	Move your body (coramlifeeducation.org. uk)
Reception	uk) My feelings (2) (coramlifeeducation.org. uk)	Same and different families (coramlifeeducation.org. uk)	Me and my body - girls and boys (coramlifeeducation.org. uk)	Safe indoors and outdoors (coramlifeeducation.org. uk)	classroom (coramlifeeducation.org. uk) Mental Health Week	A good night's sleep (coramlifeeducation.org. uk)
	Growth Mindset	Same and different homes	Babies Where do babies come	Listening to my feelings (coramlifeeducation.org.	May 11th Economics	The Environment Seasons
	Bouncing back when things go wrong (coramlifeeducation.org.	(coramlifeeducation.org. uk) I am caring	from? (coramlifeeducation.org. uk)	uk) Keeping safe online	See Economics Week Planning	(coramlifeeducation.org. uk)
	uk) Yes, I can! (coramlifeeducation.org.	(coramlifeeducation.org. uk)		(coramlifeeducation.org.		Life stages - plants, animals, humans (coramlifeeducation.org.
	uk)	<u>I am a friend</u> (coramlifeeducation.org. <u>uk)</u>		1x lesson on road safety: Stop, look, listen		<u>uk)</u>

			Consider a Champion			Healthy Living
	1x lesson on British Values		Growing & Changing			<u>I can eat a rainbow</u>
		Tolerance & Respect	Then and now (coramlifeeducation.org.	Keeping Myself and		(coramlifeeducation.org. uk)
	1x lesson on neurodiversity	1x lesson on black	<u>uk)</u>	Others Safe		<u>uk)</u>
	Teamwork & Conflict	history month	Dahiaa	1x lesson on road	Responsibility	Harold's wash and brush
	Resolution	C d:ff12	Babies	safety: road signs and	Taking care of something	up (coramlifeeducation.org.
	Why we have classroom	Same or different? (coramlifeeducation.org.	Taking care of a baby	arkings	(coramlifeeducation.org.	<u>uk)</u>
	rules	<u>uk)</u>	(coramlifeeducation.org. uk)	1x lesson on fire safety	<u>uk)</u>	Healthy me
	(coramlifeeducation.org.	Unkind, tease or bully?	<u>uk/</u>	Who can help? (1)	Around and about the	(coramlifeeducation.org.
	<u>uk)</u>	(coramlifeeducation.org.	Consent	(coramlifeeducation.org.	<u>school</u>	<u>uk)</u>
	How are you listening?	<u>uk)</u>	Good or bad touches?	<u>uk)</u>	(coramlifeeducation.org. uk)	Super sleep
Year 1	(coramlifeeducation.org.	It's not fair!	(coramlifeeducation.org.	What could Harold do?		(coramlifeeducation.org.
	<u>uk)</u>	(coramlifeeducation.org.	<u>uk)</u>	(coramlifeeducation.org. uk)	Mental Health Week May 11th	<u>uk)</u>
	Thinking about feelings	<u>uk)</u>	Keeping privates private		Way 12th	Basic first aid
	(coramlifeeducation.org.	Who are our special	(coramlifeeducation.org. uk)	<u>Harold loses Geoffrey</u> (coramlifeeducation.org.	1x lesson on	(coramlifeeducation.org. uk)
	<u>uk)</u>	<pre>people? (coramlifeeducation.org.</pre>	<u>uk)</u>	<u>uk)</u>	government	<u>uk)</u>
	Feelings and bodies	<u>uk)</u>	Sharing pictures	tota cont Cofet	Economics	Catch it! Bin it! Kill it!
	(coramlifeeducation.org.	Our enseiel reserve	(coramlifeeducation.org. uk)	Internet Safety	See Economics Week	(coramlifeeducation.org. uk)
	<u>uk)</u>	Our special people balloons		Sharing pictures	Planning	
	Good friends	(coramlifeeducation.org.	<u>Surprises and secrets</u> (coramlifeeducation.org.	(coramlifeeducation.org. uk)		Inside my wonderful body! (OPTIONAL)
	(coramlifeeducation.org.	<u>uk)</u>	<u>uk)</u>	<u>uk)</u>		(coramlifeeducation.org.
	<u>uk)</u>					<u>uk)</u>
	1x lesson on British Values	Tolerance & Respect	Growing & Changing	Keeping Myself and Others Safe	Responsibility	Healthy Living
Year 2		1x lesson on black	Haven't you grown!		How can we look after	
I GUI Z	1x lesson on neurodiversity	history month: Rosa Parks	(coramlifeeducation.org. uk)	1x lesson on road safety: road signs and	<pre>our environment? (coramlifeeducation.org.</pre>	<u>Harold's postcard -</u> helping us to keep clean
	Heorodiversity	Turks	<u>unj</u>	markings	<u>uk)</u>	and healthy

	Teamwork & Conflict	What makes us who we	Consent			(coramlifeeducation.org.
	Resolution	are?		1x lesson on fire safety	When someone is	uk)
		(coramlifeeducation.org.	My body, your body		feeling left out	
	Our ideal classroom (1)	uk)	(coramlifeeducation.org.	<u>Harold's picnic</u>	(coramlifeeducation.org.	My day
	(coramlifeeducation.org.		uk)	(coramlifeeducation.org.	uk)	(coramlifeeducation.org.
	<u>uk)</u>	My special people		<u>uk)</u>		uk)
		(coramlifeeducation.org.	Respecting privacy		1x lesson on	
	Let's all be happy!	<u>uk)</u>	(coramlifeeducation.org.	What should Harold say?	government	<u>Harold's bathroom</u>
	(coramlifeeducation.org.		<u>uk)</u>	(coramlifeeducation.org.		(coramlifeeducation.org.
	<u>uk)</u>	How do we make others		<u>uk)</u>	Mental Health Week	<u>uk)</u>
	Datum a seed followed	<u>feel?</u>	Some secrets should		May 11th	
	Being a good friend	(coramlifeeducation.org.	<u>never be kept</u>	Fun or not?		My body needs
	(coramlifeeducation.org.	<u>uk)</u>	(coramlifeeducation.org.	(coramlifeeducation.org.	Economics	(OPTIONAL)
	<u>uk)</u>		<u>uk)</u>	<u>uk)</u>		(coramlifeeducation.org.
	Types of bullying	When someone is			See Economics Week	<u>uk)</u>
	(coramlifeeducation.org.	<u>feeling left out</u>	<u>I don't like that!</u>	Internet Safety	Planning	
	<u>uk)</u>	(coramlifeeducation.org.	(coramlifeeducation.org.			What does my body do?
	<u>uk)</u>	<u>uk)</u>	<u>uk)</u>	<u>Playing games</u>		(coramlifeeducation.org.
	Don't do that!			(coramlifeeducation.org.		<u>uk)</u>
	(coramlifeeducation.org.	An act of kindness		<u>uk)</u>		
	uk)	(coramlifeeducation.org.				
	<u> </u>	<u>uk)</u>				
	Bullying or teasing?					
	(OPTIONAL)	Solve the problem				
	(coramlifeeducation.org.	(coramlifeeducation.org.				
	uk)	<u>uk)</u>				
	1x lesson on British		Growing & Changing	Keeping Myself and	Responsibility	Healthy Living
	Values	Tolerance & Respect	na dia tra	Others Safe	, , ,	
		1x lesson on black	My changing body	1lane	Helping each other to	Derek cooks dinner!
	1x lesson on		(coramlifeeducation.org.	1x lesson on road	stay safe	(healthy eating)
	neurodiversity	history month: Booker T	<u>uk)</u>	safety: laws	(coramlifeeducation.org.	(coramlifeeducation.org.
Year 3	Teamwork & Conflict	Washington	Consent	1x lesson on fire safety	<u>uk)</u>	<u>uk)</u>
	Resolution	1x lesson on	Consem	TA 1000011 OII III G SUICIY		
		appropriate language	Body space	Safe or unsafe?	Our helpful volunteers	Body team work
	As a rule	around diversity	(coramlifeeducation.org.	(coramlifeeducation.org.	(coramlifeeducation.org.	(coramlifeeducation.org.
	(coramlifeeducation.org.	around diversity	uk)	uk)	<u>uk)</u>	<u>uk)</u>
	<u>uk)</u>		<u> </u>			
		I	I	1	I	<u> </u>

		Respect and challenge	None of your business!	Danger or risk?	1x lesson on	Poorly Harold
	How can we solve this	(coramlifeeducation.org.	(coramlifeeducation.org.	(coramlifeeducation.org.	government: democracy	(coramlifeeducation.org.
	problem?	uk)	uk)	uk)	8	uk)
	(coramlifeeducation.org.	<u> </u>			Mental Health Week	<u></u>
	uk)	Family and friends	Secret or surprise?	Help or harm?	May 11th	1x lesson on Basic First
		(coramlifeeducation.org.	(coramlifeeducation.org.	(coramlifeeducation.org.	•	Aid
	Tangram team challenge	uk)	uk)	uk)	Economics	Cuts, bandages,
	(OPTIONAL)					plasters.
	(coramlifeeducation.org.	My community	1x lesson on gender	Alcohol and cigarettes:	See Economics Week	
	<u>uk)</u>	(coramlifeeducation.org.	stereotypes	the facts	Planning	Bereavement
		<u>uk)</u>		(coramlifeeducation.org.		
	<u>Thunks</u>			<u>uk)</u>		My special pet
	(coramlifeeducation.org.	Our friends and				(OPTIONAL)
	<u>uk)</u>	<u>neighbours</u>		Internet Safety		(coramlifeeducation.org.
	Davis dava	(coramlifeeducation.org.				<u>uk)</u>
	<u>Dan's dare</u> (coramlifeeducation.org.	<u>uk)</u>		Super Searcher		
		_		(coramlifeeducation.org.		Environment
	<u>uk)</u>	<u>Zeb</u>		<u>uk)</u>		
	My special pet	(coramlifeeducation.org.				<u>Harold's environment</u>
	(OPTIONAL)	<u>uk)</u>				<u>project</u>
	(coramlifeeducation.org.					(coramlifeeducation.org.
	uk)					<u>uk)</u>
	<u> </u>					Lotic have a tidy upl
						<u>Let's have a tidy up!</u> (OPTIONAL)
						(coramlifeeducation.org.
						uk)
					Responsibility	<u>unj</u>
	1x lesson on British	Tolerance & Respect		1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1	Responsibility	Healthy living
	Values			Keeping Myself and Others Safe	Activities UK	, •
	1x lesson on	Kind conversations		Others safe	Parliament Week	Link to healthy eating:
	neurodiversity		Follow Year 4 RSE	Child farm safety		lesson-ideahealthy-
V 0/4	incorount ciony	<u>Happy being me</u>	Curriculum.	activity pack -	Safety in numbers	<u>campfire-recipes.pdf</u>
Year 3/4	Teamwork & Conflict	An Incot recourse:	Voor 2's to morgo with	introduction to farm		1lassan an alaan
	Resolution	An Inset resource: ABCDE of Rights -	Year 3's to merge with above.	safety materials	In the news!	1x lesson on sleep
		Rights Respecting	above.	Health and Safety		1x lesson on
	1x shelter building	Schools Award		<u>Executive</u>	Mental Health Week	mindfulness
	competition (Wild Area)				May 11 th	
	Aleuj					

	An email from Harold! resilience-game- Anna-Freud-Mentally- Healthy-Schools-April- 2021.pdf Blindfolded Exploring - Learning through Landscapes (Trust link) How Can I Be Assertive and Stand Up For Myself? Kidscape Assertiveness Role Play	Understanding experiences of migration Teaching resources 1x lesson on black history month: Bessie Coleman 1x lesson on appropriate language around diversity		Basic first aid, including Sepsis Awareness Danger, risk or hazard? 1x lesson on road safety: laws 1x lesson on fire safety 1x lesson on internet safety How dare you!	See Economics Week Planning	1x lesson on Basic First Aid Cuts, bandages, plasters. Bereavement 1x lesson on loss Environment 1x lesson on protecting the environment forest-bathing.pdf Volunteering
	1x lesson on British			Kooping Mysolf and		Volunteering is cool (OPTIONAL)
	Values	Tolerance & Respect		Keeping Myself and Others Safe		Healthy living
	1x lesson on neurodiversity	Kind conversations		Child farm safety activity pack -	Responsibility	Link to healthy eating: lesson-idea -healthy- campfire-recipes.pdf
	Teamwork & Conflict Resolution	Happy being me An Inset resource:		introduction to farm safety materials Health and Safety	Activities UK Parliament Week	1x lesson on sleep
	1x shelter building competition (Wild	ABCDE of Rights - Rights Respecting	Follow Year 5 RSE Curriculum.	Executive Basic first aid,	Safety in numbers	1x lesson on mindfulness
Year 4/5	Area)	Schools Award Understanding	Year 4's to merge with	including Sepsis Awareness	<u>In the news!</u>	1x lesson on Basic First
	An email from Harold!	experiences of migration Teaching	above.	Danger, risk or hazard?	Mental Health Week May 11 th	Aid Cuts, bandages,
	resilience-game- Anna-Freud-Mentally- Healthy-Schools-April-	resources 1x lesson on black		1x lesson on road safety: laws	Economics	plasters. Bereavement
	<u>2021.pdf</u>	history month: Bessie Coleman		1x lesson on fire safety	See Economics Week Planning	1x lesson on loss
	Blindfolded Exploring - Learning through Landscapes (Trust link)			1x lesson on internet safety		Environment

	How Can I Be Assertive and Stand Up For Myself? Kidscape	1x lesson on appropriate language around diversity		How dare you!		1x lesson on protecting the environment forest-bathing.pdf
	Assertiveness Role Play					Volunteering Volunteering is cool
	1x lesson on British Values	Tolerance & Respect		Keeping Myself and Others Safe		(OPTIONAL) Healthy Living
	1x lesson on neurodiversity	1x lesson on black history month: MLK	Growing & Changing	1x lesson on train safety	Responsibility	It all adds up! (coramlifeeducation.org. uk)
	Teamwork & Conflict Resolution	1x lesson on hate crime Boys will be boys? -	Growing up and changing bodies (coramlifeeducation.org.	Vaping: healthy or unhealthy? (coramlifeeducation.org.	Mo makes a difference (coramlifeeducation.org. uk)	What's the story? (coramlifeeducation.org.
	Collaboration Challenge! (coramlifeeducation.org. uk)	<u>challenging work-place</u> <u>gender stereotypes</u> (<u>coramlifeeducation.org.</u>	uk) Changing bodies and	uk) Drugs: true or false?	Rights, respect and duties	uk) 'Thunking' about habits (OPTIONAL)
	Give and take (coramlifeeducation.org. uk)	uk) The land of the Red	feelings (coramlifeeducation.org. uk)	(OPTIONAL) (coramlifeeducation.org. uk)	(coramlifeeducation.org. uk)	(coramlifeeducation.org. uk)
Year 5	Communication (OPTIONAL)	People (coramlifeeducation.org. uk)	Help! I'm a teenager - get me out of here! (coramlifeeducation.org.	Smoking: what is normal? (OPTIONAL)	Government Lesson: Local councils (OPTIONAL)	1x lesson on sleep 1x lesson on healthy
	(coramlifeeducation.org. uk)	Is it true? (coramlifeeducation.org. uk)	uk) Consent	(coramlifeeducation.org. uk)	(coramlifeeducation.org. uk)	diet 1x lesson on Basic First
	Assertiveness Skills Our emotional needs	Stop, start, stereotypes (coramlifeeducation.org.	<u>Decision dilemmas</u> (coramlifeeducation.org.	Internet Safety Spot bullying	Mental Health Week May 11th	Aid Recovery Position
	(coramlifeeducation.org. uk)	uk) It could happen to	uk) 1x lesson on	(coramlifeeducation.org. uk)	See Economics Week Planning	Bereavement Dear Hetty (OPTIONAL)
	Being assertive (coramlifeeducation.org. uk)	anyone (OPTIONAL) (coramlifeeducation.org.	appropriate touch	Communication (OPTIONAL) (coramlifeeducation.org.		(coramlifeeducation.org. uk)
		<u>uk)</u>		<u>uk)</u>		Environment

						1x lesson on protecting the environment
	1x lesson on British					Healthy Living
	Values	Tolerance & Respect	Growing and	Keeping Myself and Others Safe		Basic first aid, including
	1x lesson on	1x lesson on black	Changing			Sepsis Awareness (coramlifeeducation.org.
	neurodiversity	history month: Barack	Is this normal?	1x lesson on train safety		<u>uk)</u>
	Teamwork & Conflict	Obama	(coramlifeeducation.org.	salely	Responsibility	<u>uk)</u>
	Resolution	Obalila	uk)	What's the risk? (1)	T: d	Five Ways to Wellbeing
		1x lesson on hate crime	<u>uk)</u>	(coramlifeeducation.org.	Two sides to every story (coramlifeeducation.org.	project
	<u>Let's negotiate</u>	TA 1635011 OII Hate crime	Helpful or unhelpful?	uk)	<u>uk)</u>	(coramlifeeducation.org.
	(OPTIONAL)	OK to be different	Managing change	<u> </u>	<u>uk)</u>	uk)
	(coramlifeeducation.org.	(coramlifeeducation.org.	(coramlifeeducation.org.	What's the risk? (2)	Democracy in Britain 1 -	<u> </u>
	<u>uk)</u>	uk)	uk)	(coramlifeeducation.org.	Elections	Our recommendations
			_	<u>uk)</u>	(coramlifeeducation.org.	(coramlifeeducation.org.
	Solve the friendship	We have more in	Making babies		uk)	<u>uk)</u>
	<u>problem</u>	common than not	(coramlifeeducation.org.	Internet Safety		
Year 6	(coramlifeeducation.org.	(coramlifeeducation.org.	<u>uk)</u>	- 1.1.1.6	Democracy in Britain 2 -	1x lesson on Basic First
i cai o	<u>uk)</u>	<u>uk)</u>		Think before you click! (coramlifeeducation.org.	How (most) laws are	Aid
	Assertiveness Skills		What is HIV?	uk)	<u>made</u>	Choking
	Assertiveness skiiis	Respecting differences	(OPTIONAL)	<u>uk)</u>	(coramlifeeducation.org.	_
	Behave yourself	(coramlifeeducation.org.	(coramlifeeducation.org.	It's a puzzle (OPTIONAL)	<u>uk)</u>	Bereavement
	(coramlifeeducation.org.	<u>uk)</u>	<u>uk)</u>	(coramlifeeducation.org.		1
	<u>uk)</u>	Advertising friendships!	Consent	uk)	Mental Health Week	1x lesson on bereavement
		(coramlifeeducation.org.	Conseni		May 11th	Dereavement
	<u>Assertiveness skills</u>	uk)	Pressure online	Fakebook friends	Economics	Environment
	(formerly Behave	<u> </u>	(coramlifeeducation.org.	(coramlifeeducation.org.	200110111100	Ziivii oiiiiiciic
	yourself - 2)	Boys will be boys? -	<u>uk)</u>	<u>uk)</u>	See Economics Week	Project Pitch (parts 1 &
	(coramlifeeducation.org.	challenging gender			Planning	2) (OPTIONAL)
	<u>uk)</u>	stereotypes	Don't force me	To share or not to share?		(coramlifeeducation.org.
	Acting appropriately	(coramlifeeducation.org.	(coramlifeeducation.org.	(coramlifeeducation.org.		<u>uk)</u>
	(coramlifeeducation.org.	<u>uk)</u>	<u>uk)</u>	<u>uk)</u>		
	uk)					Happy shoppers - caring
	<u>unj</u>					for the environment

			(coramlifeeducation.org. uk)