



St Stephen Churchtown Academy

Curriculum Overview – PSHE

2025-2026



	Autumn 1 Me & My relationships	Autumn 2 Valuing Difference	Spring 1 Growing & Changing	Spring 2 Keeping Safe	Summer 1 Rights & Respect	Summer 2 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)	Babies 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	The People Around Me 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)

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

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

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

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

	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!	Economics 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 Volunteering is cool (OPTIONAL)
Year 4/5	1x lesson on British Values 1x lesson on neurodiversity Teamwork & Conflict Resolution 1x shelter building competition (Wild Area) An email from Harold! resilience-game-Anna-Freud-Mentally-Healthy-Schools-April-2021.pdf Blindfolded Exploring - Learning through Landscapes (Trust link)	Tolerance & Respect Kind conversations Happy being me An Inset resource: ABCDE of Rights - Rights Respecting Schools Award Understanding experiences of migration Teaching resources 1x lesson on black history month: Bessie Coleman	Follow Year 5 RSE Curriculum. Year 4's to merge with above.	Keeping Myself and Others Safe Child farm safety activity pack - introduction to farm safety materials Health and Safety Executive 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	Responsibility Activities UK Parliament Week Safety in numbers In the news! Mental Health Week May 11th Economics See Economics Week Planning	Healthy living Link to healthy eating: lesson-idea -healthy-campfire-recipes.pdf 1x lesson on sleep 1x lesson on mindfulness 1x lesson on Basic First Aid Cuts, bandages, plasters. Bereavement 1x lesson on loss Environment

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

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

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