

Brinscall St. John's CE/Methodist Primary school

PSHE Curriculum overview 2025-2026

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Self-regulation	<p>Recognise different feelings.</p> <p>Begin to talk about feelings.</p> <p>Focus during short whole-class activities.</p> <p>Follow simple 1 step instructions.</p>	<p>Expand their understanding of feelings.</p> <p>Identify how they are feeling.</p> <p>Begin to consider and question how other people are feeling.</p> <p>Follow 2 step instructions.</p>	<p>Focus during longer whole-class activities.</p> <p>Recognise other people's feelings.</p>	<p>Consider the feelings and needs of others.</p> <p>Identify what they are good at.</p> <p>Talk about what they want to improve.</p>	<p>Regulate emotions using different techniques.</p> <p>Set goals and work towards them.</p> <p>Begin to follow 3 step instructions.</p>	<p>Maintain focus during extended whole class teaching.</p> <p>Express their feelings confidently and consider the feelings of others.</p> <p>Identify and moderate their own feelings socially and emotionally.</p> <p>Follow 3 step instructions.</p>
R	<p>Manage transition to Reception.</p> <p>Understand class rules and how to behave in the classroom.</p> <p>Toilet and wash hands independently.</p>	<p>Begin to show determination when trying something new.</p> <p>Use skills to manage the school day through routines.</p> <p>Understand the importance of being a safe pedestrian.</p> <p>Develop independence when dressing and undressing.</p>	<p>Understand the importance of sensible amounts of screen time.</p> <p>Understand the importance of online safety.</p> <p>Take part in regular physical activity.</p> <p>Understand and talk about healthy eating.</p>	<p>Understand the importance of oral hygiene.</p> <p>Show determination when trying something new.</p> <p>Begin to find solutions without adult input.</p> <p>Talk about what is right and what is wrong.</p>	<p>Understand the importance of having a good sleep routine.</p> <p>Dress independently.</p> <p>Explain and follow rules in school.</p> <p>Manage own basic needs independently.</p>	<p>See self as a valuable individual.</p> <p>Know and talk about the different factors that support their overall health and wellbeing.</p> <p>Show resilience and perseverance in the face of a challenge.</p>
Building Relationships	<p>Engage in play with one or more children.</p> <p>Share ideas to support in play.</p> <p>Seek support from adults.</p> <p>Develop confidence in speaking to peers and adults.</p>	<p>Develop friendships and play with a small group.</p> <p>Form strong relationships with familiar adults in the classroom.</p> <p>Express feelings to communicate basic needs.</p>	<p>Use skills to support in turn taking.</p> <p>Demonstrate friendly behaviour in the classroom.</p> <p>Work as part of a group.</p>	<p>Listen to the ideas of other children.</p> <p>Create a solution and compromise to resolve conflict with words.</p> <p>Built relationships with lots of different people.</p> <p>Respond to people according to their feelings.</p>	<p>Work within a group with others.</p> <p>Play with others without adult input.</p> <p>Take turns without adult input.</p> <p>Share without adult input.</p>	<p>Communicate with adults around the school.</p> <p>Have constructive and respectful relationships.</p> <p>Think about the perspective of others.</p>

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	Relationships Education		Health Education		Living in the wider world Education	
Year 1	Who is special to us?	Who helps to keep us safe? (link to online safety)	What is the same or different about us?	What can we do with money? (link to online - shopping)	What helps us to stay healthy? (online safety)	How can we look after each other and the world?
Year 2	What makes a good friend?	What is bullying? (online safety)	What jobs do people do?	What helps us to stay safe? (online safety)	What helps us grow and stay healthy?	How do we recognise our feelings? (online safety)
Year 3	Why should we eat well and look after our teeth?	What keeps us safe? (online safety)	How can we be a good friend? (online safety)	What are families like?	What makes a community? (online safety)	Why should we keep active and sleep well?
Year 4	What strengths, skills and interests do we have?	How do we treat each other with respect? (online safety)	How can we manage our feelings? (online safety)	How will we grow and change?	How can our choices make a difference to others and the environment?	How can we manage risk in different places? (online safety - addictive gaming)
Year 5	What decisions can people make with money? (online safety - gaming and gambling)	What makes up a person's identity?	What jobs would we like?	How can friends communicate safely? (online safety)	How can we help in an accident or emergency? (online safety)	How can drugs common to everyday life affect health?
Year 6	*ONLINE SAFETY TAUGHT ACROSS EACH MODULE How can we keep healthy as we grow? Debt Aware		How can the media influence people? Debt Aware		What will change as we become more independent? How do friendships change as we grow? Debt Aware	