

# 2025-2026 Subject Overview: PSHCE

Jigsaw (Being Me in My World, Dreams and Goals, Celebrating Differences, Healthy Me, Relationships)

No Outsiders, Respect Yourself, Online Safety and Just a Joke, STAR

	Relationships and friendships <i>Mutual Respect</i>	Responsibility <i>Rule of Law Democracy (incl. citizenship)</i>	Independence <i>Individual Liberty</i>	Equality & Diversity <i>Mutual Respect &amp; Tolerance (incl. protected characteristics)</i>	Personal Safety	Health & Wellbeing	Aspirations (Economic Wellbeing)
Year 1	<p>Belonging.</p> <p>Being a good friend and making friends. What is bullying?</p> <p>Strategies to handle bullying</p> <p>Working with different people and asking for help</p>	<p>Rights and responsibilities.</p> <p>How do I learn best?</p> <p>Rewards and consequences</p> <p>Making fair decisions</p>		<p>Similarities and Differences</p> <p>Being proud of who we are</p> <p>Understanding diversity in our world</p> <p>Making our school a welcoming place</p>	<p>What does being safe mean?</p> <p>Acceptable ways to behave online</p> <p>Online information – knowing info can stay online</p> <p>Communicating on the internet</p> <p>Trusted adults</p>		<p>What is an achievement?</p> <p>Success and failure</p> <p>Being proud of my achievements</p> <p>Setting goals and overcoming challenges</p>
Year 2	<p>What is bullying?</p> <p>How does bullying make people feel?</p> <p>Hurting people's feelings online.</p> <p>How to be a good friend?</p>	<p>My responsibility as a member of my class</p> <p>Rewards and consequences in school – positive and negative behaviour, actions and their consequences</p> <p>Positive learning behaviours</p>	<p>What makes us special and unique?</p> <p>Being confident in who you are</p>	<p>Stereotypes</p> <p>Accepting and celebrating differences.</p> <p>Meaning of diversity.</p> <p>How is our school diverse?</p> <p>Ways to communicate</p> <p>Knowing I belong</p>	<p>Recognising when I feel worried and who I can ask for help.</p> <p>Right to feel safe</p> <p>Acceptable ways to behave online</p> <p>Online information – consent</p>	<p>Making healthy choices</p> <p>Mental wellbeing – relaxed and stressed</p> <p>Medicines</p>	<p>Hopes and fears for the year.</p> <p>Setting achievable goals.</p> <p>Overcoming challenges</p> <p>Learning from other's strengths and weaknesses.</p>

Year 3	<p>Recognising emotions in myself and others</p> <p>Who is in my family?</p> <p>What is bullying?</p> <p>Witnessing bullying</p> <p>Right to be safe in their own family</p> <p>Appreciating my friends and family</p> <p>Bystanders and what I can do</p> <p>Conflict and how it makes us feel</p> <p>Negotiating in conflict situations</p>	<p>Rules – why they are needed, rights and responsibilities</p> <p>Rewards and consequences as a result of my behaviour</p> <p>Understanding my role in the classroom</p> <p>Taking responsibility for my actions</p> <p>Understanding consequences.</p> <p>Taking responsibility for my learning</p>	<p>Recognising my self-worth</p> <p>Being myself – accepting who I am</p> <p>Recognising peer pressure, ways to resist, identify feelings of anxiety and fear.</p>	<p>Different families and their importance</p> <p>Children around the world</p> <p>Meaning of discrimination Why people might feel like an outsider</p> <p>What makes us unique?</p> <p>Recognising stereotypes</p> <p>Living in Britain</p>	<p>Keeping myself safe</p> <p>Harmful household substances</p> <p>Acceptable ways to behave online</p> <p>Sharing information online</p> <p>How people act online</p> <p>Online relationships – knowing someone online compared to offline.</p>	<p>Healthy and unhealthy.</p> <p>Impact of exercise on my body,</p> <p>Drugs</p> <p>Taking care of my body</p> <p>Puberty</p>	<p>Setting challenges</p> <p>Knowing my strengths,</p> <p>Meeting and overcoming obstacles.</p>
Year 4	<p>Teamwork</p> <p>Being part of a school community</p> <p>Understanding conflict</p> <p>What counts as bullying behaviour?</p> <p>Direct and indirect bullying</p>	<p>Democracy</p> <p>The equal rights of a child (safe, healthy, happy, learn)</p> <p>My rights and responsibilities as a member of my class.</p> <p>Rewards and consequences in school</p> <p>Knowing and</p>	<p>Being unique – respecting my unique features.</p> <p>Recognising peer pressure and related feelings</p> <p>Being proud of who I am</p> <p>Being assertive</p>	<p>Making assumptions based on looks</p> <p>Accepting difference</p> <p>Being proud of who we are</p> <p>Prejudice, discrimination and racism</p> <p>Why are people afraid of difference?</p>	<p>Offline vs Online identity</p> <p>Online Bullying – describe, recognise, understand</p> <p>Being respectful of others online</p> <p>Healthy online behaviours,</p>	<p>Mental health –</p> <p>Puberty</p> <p>Body parts</p> <p>Healthy lifestyles – making small changes, self-care</p>	

	<p>Supporting those that are being bullied</p> <p>Friendship groups</p> <p>Managing emotions when others upset you</p> <p>Different relationships</p> <p>Loss and Love – how people feel when they lose someone</p> <p>Qualities of a good friend</p>	demonstrating the school values and rules.		<p>People in my community</p> <p>How cultural differences can lead to conflict.</p>			
Year 5	<p>Direct and indirect bullying</p> <p>Bullying behaviour</p> <p>Changing the ways of bullies</p> <p>Changing friendships –</p> <p>Valuing the people in my life</p> <p>Romantic relationships</p>	<p>Rights and responsibilities – universal rights of the child.</p> <p>My rights and responsibilities as a member of our class</p> <p>Making responsible choices</p> <p>Understanding consequences</p> <p>Making difficult decisions and justifying my actions</p> <p>Making a positive contribution to society</p>	<p>Knowing who I am</p> <p>Building self-esteem.</p> <p>Being assertive – resisting peer pressure</p> <p>Expressing my opinion</p>	<p>People living in Britain</p> <p>The impact of poverty</p> <p>Understanding discrimination and how conflict can be caused by cultural differences.</p> <p>Different ideas about equality around the world.</p> <p>Racism and discrimination</p> <p>Dreams and aspirations in different cultures</p>	<p>Online bullying</p> <p>Report and Block</p> <p>Having a responsible online identity</p> <p>Being involved in online communities and making positive contributions</p> <p>Communicating with friends online</p> <p>Emergency Aid</p>	<p>Smoking</p> <p>Alcohol</p> <p>Positive Body Image – media and celebrity culture</p> <p>Relationships with food</p> <p>The body</p> <p>Puberty</p> <p>Menstruation</p> <p>Reproduction</p>	<p>My hopes for the school year</p> <p>Material wealth</p> <p>Dreams and ambitions</p> <p>The impact of money</p> <p>Careers – different jobs will lead to different incomes.</p> <p>Persevering to reach my goals</p>

Year 6	<p>Power and control in a relationship/friendship.</p> <p>Direct and indirect bullying</p> <p>Bullying behaviour</p> <p>Changing the ways of bullies</p> <p>Different relationships</p> <p>How relationships change with age.</p> <p>Love and loss - the stages of grief,</p> <p>Establishing ground rules.</p>	<p>Rights and responsibilities</p> <p>Contributing to the school community</p> <p>Freedom of speech</p> <p>Democracy – laws</p> <p>Global issues – how they concern me</p> <p>Making a positive contribution to society</p>	<p>Being assertive – resisting peer pressure</p> <p>Right to say no</p> <p>Expressing my opinion</p>	<p>Perceptions of normal.</p> <p>Disability and how it can affect someone's life.</p> <p>Difference as a source of conflict and a cause for celebration</p> <p>Awareness and respect for different cultures</p> <p>Immigration</p> <p>Working with people who are different to me</p> <p>Challenging Racism</p>	<p>Sources of help, support and advice</p> <p>Cyberbullying –</p> <p>Developing a positive online reputation – appropriate ways to behave online.</p> <p>Online identity – challenging inappropriate representations</p> <p>Emergency situations</p> <p>Use of technology to gain power and control</p>	<p>Food as fuel</p> <p>Drugs and Alcohol</p> <p>Handling stress and pressure</p> <p>Puberty</p> <p>Reproduction</p>	<p>Achieving personal learning goals</p> <p>Understanding the difference between right and wrong</p>
--------	---	---	--	---	---	---	--