

Lawns Park Primary School
PSHE Overview September 2024- July 2025

	Autumn Term		Spring Term		Summer Term	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer1	Summer 2
Foundation Stage	Building relationships Special relationships	Self- Regulation My Feelings	Self-regulation Listening and following instructions	Building Relationships My Family and friends	Managing Self Taking on Challenges	Managing Self My wellbeing
	1. Ground rules 2. My family 3. Special people 4. Sharing 5. I am unique 6. My interests	1. Identifying my feelings 2. Feelings Jars 3. Coping Strategies 4. Describing feelings 5. Facial expressions 6. Creating a calm corner	1. Simon says 2. Listening to story 3. Pass the whisper 4. Obstacle races 5. Blindfold walk 6. Treasure Hunt	1. Festivals 2. Sharing 3. What makes a good friend 4. Being a good friend 5. Teamwork	1. Why do we have rules 2. Building towers 3. Team den building 4. Grounding 5. Team races 6. Circus skills	1. What is exercise 2. Yoga and relaxation 3. Looking after ourselves 4. Being a safe pedestrian 5. Eating Healthily 6. Transition
Theme	Citizenship	Family and Relationships	Economic Wellbeing	Safety and the Changing Body	Health and well-being	Transition
Year1	1. Ground rules 2. Rules 3. Caring for others (Animals) 4. The needs of others 5. Similar yet different 6. Belonging 7. Democratic decisions	1. What are friendships 2. Recognising emotion in others 3. Working with others 4. Friendship problems 5. Healthy relationships 6. Gender stereotypes	1. What is money? 2. Keeping money safe 3. What is a bank? 4. Saving and spending 5. Jobs in school 6. Jobs out of school	1. Adults in school 2. Adults outside of school 3. Getting lost 4. Making an emergency call 5. Appropriate contact 6. Safety with substances 7. Safety at home	1. Understanding my emotions 2. What am I like? 3. Ready for bed 4. Relaxation 5. Hand washing and personal hygiene 6. Allergies 7. People who keep us healthy	1. Strengths and Transition

	Citizenship	Family and Relationships	Economic Wellbeing	Safety and the Changing Body	Health and well-being	Transition
Year 2	<ol style="list-style-type: none"> 1. Ground Rules 2. Rules beyond school 3. Our school environment 4. Our local environment 5. Job roles in our local community 6. Similar yet different – my local community 7. School Council 8. Giving my opinion 	<ol style="list-style-type: none"> 1. Families- stability and love 2. Families are all different 3. Other peoples feelings 4. Unhappy friendships 5. Introduction to manners and courtesy 6. Change and loss 7. Gender stereotypes: Careers and jobs 	<ol style="list-style-type: none"> 1. Where does money come from? 2. Exploring needs 3. Exploring wants 4. Bank cards and accounts 5. My skills and talents 6. Everyone is welcome 	<ol style="list-style-type: none"> 1. Introduction to the internet 2. Communicating online 3. Secrets and supprises 4. Appropriate contact: my private parts 5. Appropriate contact: my private parts are private 6. Respecting personal boundaries 7. Road safety 8. Crossing roads safely 9. Staying safe with medicine 	<ol style="list-style-type: none"> 1. Experiencing different emotions 2. Being active 3. Relaxation: breathing exercises 4. Steps to success 5. Developing a growth mindset 6. Healthy diet 7. Looking after our teeth 8. 	<ol style="list-style-type: none"> 1. Transition
Year 3	<ol style="list-style-type: none"> 1. Ground Rules 2. Rights of the child 3. Rights and responsibilities 4. Recycling 5. Local community groups 6. Charity 7. Local democracy 8. Rules 	<ol style="list-style-type: none"> 1. Healthy families 2. Friendship conflict 3. Friendship: conflict versus bullying 4. Effective communication 5. Learning who to trust 6. Respecting difference in others 7. Stereotyping: Gender Stereotyping: Age 	<ol style="list-style-type: none"> 1. How can we pay for something? 2. Budgeting 3. Understanding our feelings about money 4. Impact of spending 5. Career quest 6. Can anyone be anything? 	<ol style="list-style-type: none"> 1. First aid emergencies and calling for help 2. First aid: bites and stings 3. Be kind online 4. Cyberbullying 5. Fake emails 6. Making Choices 7. Influences 8. Keeping safe out and about 	<ol style="list-style-type: none"> 1. My healthy diary 2. Relaxation: stretches 3. Wonderful me 4. My superpowers 5. Resilience: breaking down barriers 6. Communicating my fears 7. Diet and dental health 	<ol style="list-style-type: none"> 1. Coping strategies
Year 4	<ol style="list-style-type: none"> 1. Ground Rules 2. What are human rights 3. Caring for the environment 4. Community 5. Contributing 6. Diverse communities 7. Local councillors 	<ol style="list-style-type: none"> 1. Respect and manners 2. Healthy friendships 3. How my behaviour affects others 4. Bullying 5. Stereotypes: Gender 6. Stereotypes: Disability 7. Families in the wider world 8. Change and loss 	<ol style="list-style-type: none"> 1. Value for money 2. Keeping track of money 3. Looking after money 4. Influences on career choices 5. Changing career 6. Workplace equality 	<ol style="list-style-type: none"> 1. Internet safety: age restrictions 2. Share aware 3. First aid: asthma 4. Privacy and secrecy 5. Consuming information online 6. Growing up 7. Introducing puberty 8. Tobacco 	<ol style="list-style-type: none"> 1. Looking after our teeth 2. Relaxation: visualisation 3. Celebrating mistakes 4. Meaning and purpose: my role 5. My happiness 6. Emotions 7. Mental health 	<ol style="list-style-type: none"> 1. Setting goals

	Citizenship	Family and Relationships	Economic Wellbeing	Safety and the Changing Body	Health and well-being	Transition
Year 5	<ol style="list-style-type: none"> 1. Ground Rules 2. Breaking the law 3. Rights and responsibilities 4. Protecting the planet 5. Contributing to the community 6. Pressure groups 7. Parliament 	<ol style="list-style-type: none"> 1. Build a friend 2. Friendship skills 3. Marriage 4. Respecting myself 5. Family Life 6. Bullying 7. Stereotyping: Gender 8. Stereotypes: Race and religion 	<ol style="list-style-type: none"> 1. How can we make our money stretch further? 2. How should I budget for the week? 3. Borrowing and loaning 4. Risks handling money online 5. Why challenge workplace stereotypes 6. Finding a suitable career 	<ol style="list-style-type: none"> 1. Online friendships 2. Staying safe online 3. Puberty 4. Menstruation 5. Emotional changes in puberty 6. First Aid: bleeding and head injuries 7. Alcohol, drugs and tobacco: making choices 	<ol style="list-style-type: none"> 1. Relaxation: yoga 2. The importance of rest 3. Embracing failure 4. Going for goals 5. Taking responsibility for my feelings 6. Healthy meals 7. Sun safety 	<ol style="list-style-type: none"> 1. Roles and responsibilities
Year 6	<ol style="list-style-type: none"> 1. Ground Rules 2. Human Rights 3. Food choices and the environment 4. Caring for others 5. Prejudice and discrimination 6. Valuing diversity 7. National Democracy 	<ol style="list-style-type: none"> 1. Respect 2. Respectful relationships 3. Stereotypes: Attitudes 4. Challenging stereotypes 5. Resolving conflict 6. Change and loss 	<ol style="list-style-type: none"> 1. Navigating feelings about money 2. Keeping money safe 3. Imagining our financial future 4. The risks of gambling 5. Workplace environments 6. Career routes 7. 	<ol style="list-style-type: none"> 1. Alcohol 2. Critical digital consumers 3. Social media 4. Physical and emotional changes of puberty 5. Conception (Parents can withdraw their child from this lesson) 6. Pregnancy and birth (Parents can withdraw their child from this lesson) 7. First aid: choking First aid: Basic life support 	<ol style="list-style-type: none"> 1. What can I be? 2. Relaxation: mindfulness 3. Taking responsibility for my health 4. The impact of technology on health 5. Resilience toolbox 6. Immunisation 7. Good and bad habits 	<ol style="list-style-type: none"> 1. Dealing with change