



BHM PSHE/RSE Curriculum Overview 2025-26

PSHE/RSE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery Core Theme	<p>This is me Settling In. (Rules and routines of the room) SCARF -marvellous me, Im special, people who are special to me</p>	<p>Diwali Firework Painting Remembrance Day Christmas Similarities and differences between each other. SCARF -keeping safe</p>	<p>Feelings -naming and talking about feelings, zones of regulation Valentines day Chinese New Year Mothers Day Stay and Play SCARF -being my best, what does my body need</p>	<p>Changes/Transitions Looking after our environment – Our Earth Looking after our caterpillars Sports day stay and play SCARF-valuing difference, friends and family, including everyone, Rights and responsibilities, looking after myself, others and the environment</p>		
Resources	<p>Dressing Too Quickly (Here's A Little Poem) Something About Me (Here's A Little Poem) Maisy Goes To Nursery Owl babies My magic family The family book All about you Things I like I'm special, I'm me Only one you</p>	<p>The Nativity (Usborne) When Santa Got Stuck Up The Chimney Jingle Bells Colour Monster</p>	<p>Guess How Much I Love You Tiger Time To Take A Bath After My Bath (Here's A Little Poem) My Puppy (Here's A Little Poem)</p>	<p>My Mum We're Going On An Egg Hunt Easter story In my heart A little bit different Oi Frog! Bear feels sad</p>	<p>Tiger Time To Take a Bath Feargal is fuming I'm a Feelosaur Elmer All kinds of people Hello World</p>	<p>Pants No More Nappies I'm Small (Here's A Little Poem) Recipe For Green (Here's A Little Poem) The feelings hotel Dirty Bertie</p>

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Resources	SCARF	SCARF Anti-Bullying Alliance Book	SCARF Safer Internet Day	SCARF	SCARF	SCARF
RECEPTION Lesson Content	<p>All about me</p> <p>What makes me special</p> <p>Me and my special people</p> <p>Who can help me?</p> <p>My feelings</p> <p>Plus one lesson based on cohort needs</p>	<p>I'm special, you're special</p> <p>Same and different</p> <p>Anti-Bullying Week</p> <p>Book: 'And Tango Makes Three' (LGBT+)</p> <p>I am caring</p> <p>Plus one lesson based on cohort needs</p>	<p>Life stages - plants, animals, humans</p> <p>Life Stages: Human life stage - who will I be?</p> <p>Safer Internet Day</p> <p>Where do babies come from?</p> <p>Getting bigger</p> <p>Me and my body - girls and boys</p>	<p>What's safe to go onto my body</p> <p>Keeping myself safe – What's safe to go into my body (including medicines)</p> <p>Safe Indoors and Outdoors</p> <p>Listening to my feelings</p> <p>People who help to keep me safe</p> <p>Plus one lesson based on cohort needs</p>	<p>Bouncing back when things go wrong</p> <p>Yes, I can!</p> <p>Healthy eating</p> <p>My healthy mind</p> <p>A good night's sleep</p> <p>Plus one lesson based on cohort needs</p>	<p>Looking after my special people</p> <p>Looking after my friends</p> <p>Being helpful at home and caring for our classroom</p> <p>Caring for our world</p> <p>Looking after money (1): recognising, spending, using</p> <p>Plus one lesson based on cohort needs</p>

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YEAR 1 Lesson Content	<p>How are you listening?</p> <p>Thinking about feelings</p> <p>Our feelings</p> <p>Feelings and bodies</p> <p>Good friends</p> <p>Plus one lesson based on cohort needs</p>	<p>Same or different?</p> <p>Harold's school rules</p> <p>Anti-Bullying Week</p> <p>Book: 'King and King' (LGBT+)</p> <p>It's not fair!</p> <p>Plus one lesson based on cohort needs</p>	<p>Healthy me</p> <p>Then and now</p> <p>Safer Internet Day</p> <p>Taking Care of a Baby</p> <p>Surprises and secrets</p> <p>Plus one lesson based on cohort needs</p>	<p>Super sleep</p> <p>Who can help? (1)</p> <p>NSPCC Underwear Rule</p> <p>Good or bad touches?</p> <p>Sharing pictures</p> <p>What could Harold do?</p> <p>Plus one lesson based on cohort needs</p>	<p>I can eat a rainbow</p> <p>Harold's wash and brush up</p> <p>Catch it! Bin it! Kill it!</p> <p>Harold learns to ride his bike</p> <p>Pass on the praise!</p> <p>Plus one lesson based on cohort needs</p>	<p>Around and about the school</p> <p>Taking care of something</p> <p>Harold's money</p> <p>No Poverty – KS1 introduction (Edukid)</p> <p>Basic first aid</p> <p>Plus one lesson based on cohort needs</p>

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YEAR 2 Lesson Content	<p>How are you feeling today?</p> <p>Let's all be happy!</p> <p>Being a good friend</p> <p>Types of bullying</p> <p>Don't do that!</p> <p>Plus one lesson based on cohort needs</p>	<p>What makes us who we are?</p> <p>How do we make others feel?</p> <p>Anti-Bullying Week</p> <p>Book: 'Mommy, Mama and Me' LGBT+</p> <p>An act of kindness</p> <p>Plus one lesson based on cohort needs</p>	<p>A helping hand</p> <p>Haven't you grown!</p> <p>Respecting privacy</p> <p>Some secrets should never be kept</p> <p>Safer Internet Day</p> <p>Plus one lesson based on cohort needs</p>	<p>Harold's picnic</p> <p>How safe would you feel?</p> <p>NSPCC Underwear Rule</p> <p>What should Harold say?</p> <p>I don't like that</p> <p>Plus one lesson based on cohort needs</p>	<p>You can do it!</p> <p>Harold's postcard - helping us to keep clean and healthy</p> <p>Harold's bathroom</p> <p>What does my body do?</p> <p>Basic first aid</p> <p>Plus one lesson based on cohort needs</p>	<p>Getting on with others</p> <p>Feeling safe</p> <p>Rights of a Child (Edukid)</p> <p>Harold saves for something special</p> <p>How can we look after our environment?</p> <p>Plus one lesson based on cohort needs</p>

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YEAR 3 Lesson Content	<p>As a rule</p> <p>Looking after our special people</p> <p>How can we solve this problem?</p> <p>Friends are special</p> <p>Dan's dare</p> <p>Plus one lesson based on cohort needs</p>	<p>Respect and challenge</p> <p>Family and friends</p> <p>Anti-Bullying Week</p> <p>Book: My Uncle's Wedding (LGBT+)</p> <p>My community</p> <p>Plus one lesson based on cohort needs</p>	<p>Relationship Tree</p> <p>Body space</p> <p>None of your business!</p> <p>Safer Internet Day</p> <p>Secret or surprise?</p> <p>Plus one lesson based on cohort needs</p>	<p>Safe or unsafe?</p> <p>Danger or risk?</p> <p>NSPCC Underwear Rule</p> <p>Help or harm?</p> <p>Basic first aid</p> <p>Plus one lesson based on cohort needs</p>	<p>Derek cooks dinner! (healthy eating)</p> <p>Poorly Harold</p> <p>Good Health and Wellbeing (Edukid)</p> <p>For or against?</p> <p>I am fantastic!</p> <p>Plus one lesson based on cohort needs</p>	<p>Helping each other to stay safe</p> <p>Our helpful volunteers</p> <p>Can Harold afford it?</p> <p>Earning money</p> <p>Harold's environment project</p> <p>Plus one lesson based on cohort needs</p>

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YEAR 4 Lesson Content	Human machines Ok or not ok? (part 1) An email from Harold! Different feelings Under pressure Plus one lesson based on cohort needs	Can you sort it? What would I do? Anti-Bullying Week Book: 'Dad David, Baba Chris and Me' That is such a stereotype! Plus one lesson based on cohort needs	Moving house My feelings are all over the place! Safer Internet Day Secret or surprise? Together Plus one lesson based on cohort needs	Danger, risk or hazard? How dare you! NSPCC Underwear Rule Keeping ourselves safe Medicines: check the label Plus one lesson based on cohort needs	What makes me ME! Making choices SCARF hotel KS2 Quality Education (Edukid) Basic first aid Plus one lesson based on cohort needs	Who helps us stay healthy and safe? It's your right How do we make a difference? In the news! Why pay taxes? Plus one lesson based on cohort needs

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YEAR 5 Lesson Content	<p>Give and take</p> <p>Communication</p> <p>How good a friend are you?</p> <p>Relationship cake recipe</p> <p>Our emotional needs</p> <p>Plus one lesson based on cohort needs</p>	<p>Qualities of friendship</p> <p>Anti-Bullying Week</p> <p>Book: 'Be Who You Are' (LGBT+) (2 lessons)</p> <p>Stop, start, stereotypes</p> <p>Plus one lesson based on cohort needs</p>	<p>How are they feeling?</p> <p>Taking notice of our feelings</p> <p>Safer Internet Day</p> <p>Dear Ash</p> <p>Preparation for Puberty</p> <p>Plus one lesson based on cohort needs</p>	<p>Smoking</p> <p>Alcohol</p> <p>Making Assertive Decisions</p> <p>NSPCC Underwear Rule</p> <p>Clean Water and Sanitation KS2 Introduction (Edukid)</p> <p>Plus one lesson based on cohort needs</p>	<p>It all adds up!</p> <p>Different skills</p> <p>Independence and responsibility</p> <p>Star qualities?</p> <p>Basic first aid</p> <p>Plus one lesson based on cohort needs</p>	<p>What's the story?</p> <p>Mo makes a difference</p> <p>Rights, respect and duties</p> <p>Spending wisely</p> <p>Lend us a fiver!</p> <p>Plus one lesson based on cohort needs</p>

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YEAR 6 Lesson Content	<p>Solve the friendship problem</p> <p>Behave yourself</p> <p>Assertiveness skills</p> <p>Don't force me</p> <p>Acting appropriately</p> <p>Plus one lesson based on cohort needs</p>	<p>OK to be different</p> <p>Anti-Bullying Week</p> <p>Book: 'Alien Nation' (LGBT+) (3 lessons)</p> <p>Plus one lesson based on cohort needs</p>	<p>I look great!</p> <p>Safer Internet Day</p> <p>Introduction to Puberty - Boys</p> <p>Introduction to Puberty - Girls</p> <p>Conception and Pregnancy</p> <p>Plus one lesson based on cohort needs</p>	<p>Rat Park</p> <p>What sort of drug is...?</p> <p>NSPCC Underwear Rule</p> <p>Drugs: it's the law!</p> <p>Alcohol: What is normal?</p> <p>Plus one lesson based on cohort needs</p>	<p>This will be your life!</p> <p>What's the risk? (1)</p> <p>What's the risk? (2)</p> <p>Basic first aid</p> <p>Five Ways to Wellbeing project</p> <p>Plus one lesson based on cohort needs</p>	<p>Reduced Inequalities (Edukid)</p> <p>What's it worth?</p> <p>Jobs and taxes</p> <p>Democracy in Britain 1 - Elections</p> <p>Democracy in Britain 2 - How (most) laws are made</p> <p>Plus one lesson based on cohort needs</p>

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