

PSHE curriculum overview objectives (Updated 2026)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<p>Being me in my world</p> <p>I can often talk confidently about how I'm feeling and what makes me happy in pre-school and at home.</p> <p>I can often remember that others have feelings too.</p> <p>I know that when we all listen and take turns this helps everyone to be happy in pre-school.</p>	<p>Celebrating difference</p> <p>I can talk about myself and the things I like, and I know that others might also like the same things.</p> <p>I can talk about some of the things I don't like and say why.</p> <p>I can use words to stand up for myself I can say what it feels like when I don't like things.</p>	<p>Dreams and goals</p> <p>I can talk about being proud of something that was not easy for me to do and I did not give up.</p> <p>I can explain to others how I encourage myself to keep trying and not give up when things get tricky</p>	<p>Healthy me</p> <p>I can talk about the things that help me to be healthy and safe when I am away from home.</p> <p>I can manage my own self-care needs during the day and night.</p>	<p>Relationships</p> <p>I can talk about my favourite people.</p> <p>I know who to talk to about things that upset me.</p> <p>I know how to share fairly and can take turns with my chosen friends.</p> <p>I do not always need an adult to remind me of what I need to do to be a good friend.</p>	<p>Changing me</p> <p>I can talk about how I have changed since I was a baby and the things that change around me.</p> <p>I know that I am in charge of my body and that some parts of my body are private.</p> <p>I can talk about how others have changed over time and notice differences around me.</p>
Reception	<p>Being me in my world</p> <p>I can talk freely about the things and people that</p>	<p>Celebrating difference</p> <p>I am confident when I talk about the things I like</p>	<p>Dreams and goals</p> <p>I know what to do so that I can persevere with</p>	<p>Healthy me</p> <p>I can talk about what I do to stay healthy and safe</p>	<p>Relationships</p> <p>I know how to be a kind friend and I know what to do if</p>	<p>Changing me</p> <p>I can describe and ask questions about things that feel or</p>

	<p>make me happy in class and at home.</p> <p>I usually remember to take turns and share with everyone in my class.</p> <p>I know how to be a good listener.</p>	<p>and am interested in, as well as what I don't like and why.</p> <p>I know how to be kind to others and can use words to stand up for myself.</p>	<p>things that are a bit difficult.</p> <p>I can talk about what makes me proud.</p> <p>I regularly encourage myself and others to keep trying and not give up when things get tricky.</p>	<p>and I know why these things are important.</p> <p>I know what we all need to do to stay healthy and safe.</p> <p>I can talk about these things with my friends in class.</p>	<p>I need a friend to help me play and/or learn.</p> <p>I know how to co-operate with others in my class and understand the importance for everyone to feel included.</p> <p>I make sure I use my words to help friends to understand me.</p>	<p>look different about me now and about the things that will happen around me soon.</p> <p>I can use strategies I've been taught to stay calm and to behave kindly towards others.</p> <p>I know who to speak to and how to talk about things that might be worrying or sad as well as the things that I want to know more about.</p> <p>I can describe to others how I thought about a problem or feeling and how I dealt with it</p>
Year 1	<p>Being me in my world</p> <p>I can explain why my class is a</p>	<p>Celebrating difference</p> <p>I can tell you some ways that I am different and</p>	<p>Dreams and goals</p> <p>I can explain how I feel when I am successful and</p>	<p>Healthy me</p> <p>I can explain why I think my body is amazing and</p>	<p>Relationships</p> <p>I can explain why I have special relationships with some people and</p>	<p>Changing me</p> <p>I can compare how I am now to when I was a baby and explain some of the</p>

	<p>happy and safe place to learn.</p> <p>I can give different examples where I or others make my class happy and safe.</p>	<p>similar to other people in my class, and why this makes us all special.</p> <p>I can explain what bullying is and how being bullied might make somebody feel.</p>	<p>how this can be celebrated positively.</p> <p>I can say why my internal treasure chest is an important place to store positive feelings.</p>	<p>can identify a range of ways to keep it safe and healthy.</p> <p>I can give examples of when being healthy can help me feel happy.</p>	<p>how these relationships help me feel safe and good about myself.</p> <p>I can also explain how my qualities help these relationships.</p> <p>I can give examples of behaviour in other people that I appreciate and behaviours that I don't like.</p>	<p>changes that will happen to me as I get older.</p> <p>I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.</p> <p>I can explain why some changes I might experience might feel better than others.</p>
Year 2	<p>Being me in my world</p> <p>I can explain why my behaviour can impact on other people in my class.</p> <p>I can compare my own and my friends' choices and can express why some</p>	<p>Celebrating difference</p> <p>I can explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes.</p>	<p>Dreams and goals</p> <p>I can explain how I played my part in a group and the parts other people played to create an end product.</p> <p>I can explain how our skills complemented each other.</p>	<p>Healthy me</p> <p>I can explain why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices.</p> <p>I can compare my own and my friends' choices and can express</p>	<p>Relationships</p> <p>I can explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.</p> <p>I can give examples of some different problem</p>	<p>Changing me</p> <p>I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private.</p> <p>I can explain why some types of touches feel OK and others don't.</p>

	<p>choices are better than others.</p>	<p>I can explain how it feels to have a friend and be a friend.</p> <p>I can also explain why it is OK to be different from my friends.</p>	<p>I can explain how it felt to be part of a group and can identify a range of feelings about group work.</p>	<p>how it feels to make healthy and safe choices.</p>	<p>solving techniques and explain how I might use them in certain situations in my relationships.</p>	<p>I can tell you what I like and don't like about being a boy/girl and getting older, and recognise that other people might feel differently to me.</p>
Year 3	<p>Being me in my world</p> <p>I can explain how my behaviour can affect how others feel and behave.</p> <p>I can explain why it is important to have rules and how that helps me and others in my class learn.</p> <p>I can explain why it is important to feel valued.</p>	<p>Celebrating difference</p> <p>I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.</p> <p>I can tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g. Solve It Together</p>	<p>Dreams and goals</p> <p>I can explain the different ways that help me learn and what I need to do to improve.</p> <p>I am confident and positive when I share my success with others.</p> <p>I can explain how these feelings can be stored in my internal treasure chest and why this is important.</p>	<p>Healthy me</p> <p>I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help.</p> <p>I can express how being anxious/ scared and unwell feels.</p>	<p>Relationships</p> <p>I can explain how my life is influenced positively by people I know and also by people from other countries.</p> <p>I can explain why my choices might affect my family, friendships and people around the world who I don't know.</p>	<p>Changing me</p> <p>I can explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.</p> <p>I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.</p>

		or asking for help.				
Year 4	<p>Being me in my world</p> <p>I can explain why being listened to and listening to others is important in my school community.</p> <p>I can explain why being democratic is important and can help me and others feel valued.</p>	<p>Celebrating difference</p> <p>I can tell you a time when my first impression of someone changed as I got to know them.</p> <p>I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure.</p> <p>I can explain why it is good to accept myself and others for who we are.</p>	<p>Dreams and goals</p> <p>I can plan and set new goals even after a disappointment.</p> <p>I can explain what it means to be resilient and to have a positive attitude.</p>	<p>Healthy me</p> <p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.</p> <p>I can identify feelings of anxiety and fear associated with peer pressure.</p>	<p>Relationships</p> <p>I can recognise how people are feeling when they miss a special person or animal.</p> <p>I can give ways that might help me manage my feelings when missing a special person or animal.</p>	<p>Changing me</p> <p>I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.</p> <p>I can explain some of the choices I might make in the future and some of the choices that I have no control over.</p> <p>I can offer some suggestions about how I might manage my feelings when changes happen.</p>
Year 5	<p>Being me in my world</p> <p>I can compare my life with other people in my</p>	<p>Celebrating difference</p> <p>I can explain the differences between direct</p>	<p>Dreams and goals</p> <p>I can compare my hopes and dreams with</p>	<p>Healthy me</p> <p>I can explain different roles that food and substances can</p>	<p>Relationships</p> <p>I can compare different types of friendships and the feelings</p>	<p>Changing me</p> <p>I can explain how boys and girls change during puberty and why</p>

	<p>country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place.</p> <p>I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context.</p>	<p>and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.</p> <p>I can explain why racism and other forms of discrimination are unkind.</p> <p>I can express how I feel about discriminatory behaviour.</p>	<p>those of young people from different cultures.</p> <p>I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.</p>	<p>play in people's lives.</p> <p>I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.</p> <p>I can summarise different ways that I respect and value my body.</p>	<p>associated with them.</p> <p>I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.</p> <p>I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.</p>	<p>looking after myself physically and emotionally is important.</p> <p>I can also summarise the process of conception.</p> <p>I can express how I feel about the changes that will happen to me during puberty.</p> <p>I accept these changes might happen at different times to my friends.</p>
Year 6	<p>Being me in my world</p> <p>I can explain how my choices can have an impact on people in my</p>	<p>Celebrating difference</p> <p>I can explain ways in which difference can be a source of</p>	<p>Dreams and goals</p> <p>I can explain different ways to work with others to help make the</p>	<p>Healthy me</p> <p>I can explain when substances including alcohol are being used anti-socially or</p>	<p>Relationships</p> <p>I can identify when people may be experiencing feelings associated with loss and also</p>	<p>Changing me</p> <p>I can describe how a baby develops from conception through the nine months of</p>

	<p>immediate community and globally.</p> <p>I can empathise with others in my community and globally and explain how this can influence the choices I make.</p>	<p>conflict or a cause for celebration.</p> <p>I can show empathy with people in situations where their difference is a source of conflict or a cause for celebration.</p>	<p>world a better place.</p> <p>I can explain what motivates me to make the world a better place.</p>	<p>being misused and the impact this can have on an individual and others.</p> <p>I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.</p>	<p>recognise when people are trying to gain power or control.</p> <p>I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations.</p> <p>I can offer strategies to help me manage these feelings and situations.</p>	<p>pregnancy, and how it is born.</p> <p>I recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby.</p>
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