

St George's Central CE Primary School and Nursery

Subject Overview for PSHE 2026-2027

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N	The early years foundation stage (EYFS) provides many of the building blocks of PSHE education, through children's Personal, Social and Emotional Development (PSED). The key areas of learning in EYFS include: • Self-regulation: Encouraging children to manage their emotions and develop a sense of self-control. • Building Relationships: Fostering positive interactions and friendships, helping children to understand and respect others. • Managing Feelings and Behaviour: Supporting children to understand appropriate behaviour and how to express their feelings in a healthy way. In EYFS, children also start to explore the basics of health and well-being, including hygiene, physical activity, and learning about healthy foods. Our EYFS session plans provide a range of engaging activity ideas to support children's PSHE learning at this important stage in their development — from play-based activities and quality fiction suggestions to reflective discussion.					
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Y1/2	Me, my body and staying safe How can we look after ourselves, our bodies, and stay safe? Christian Value: Trust	Celebrating me, you and our families What is there to celebrate about me, you and our families? Christian Value: Friendship	Keeping safe online How can we keep safe online? Christian Value: Justice	Money and work Why do people work and use money? Christian Value: Hope	Mental health and wellbeing How can we manage our feelings? Christian Value: Compassion	Showing kindness to ourselves and others How can we show kindness to ourselves and others? Christian Value: Forgiveness
Y3/4	Me, my friends and belonging How can we be a good friend and help everyone feel they belong? Christian Value: Friendship	Looking out for each other How can we look out for others and get help in an emergency? Christian Value: Compassion	Forming respectful relationships How can we form respectful relationships? Christian Value: Forgiveness	Mental health and wellbeing How can we use strategies to manage our feelings and worries? Christian Value: Hope	Money matters and news literacy How can money and news influence our choices and feelings? Christian Value: Trust	Keeping safe out and about How can we keep safe when we are out and about? Christian Value: Trust
Y5/6	Mental health and wellbeing How can we respect boundaries? How do we change as we grow? Christian Value: Trust	Friendships, stereotypes and bullying How can we build respectful friendships and challenge bullying and stereotypes? Christian Value: Friendship	Safe connections online How can we stay safe when connecting and socialising online? Christian Value: Hope		Developing our AI literacy How can we understand and safely use artificial intelligence? Christian Value: Justice	Mental health and wellbeing How can we look after our mental health? Christian Value: Trust

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Y1/2	Making friends: playing and learning together What makes a good friend? Christian Value: Friendship	Mental health and wellbeing How can we understand and manage our feelings? Christian Value: Hope	Being healthy What helps us stay healthy? Christian Value: Compassion	Safety at home How can we keep safe at home? Christian Value: Trust	Safety outside the home How can we keep safe outside our home? Christian Value: Trust	Looking back and moving on How have we changed so far? Christian Value: Hope
Y3/4	Mental health and wellbeing How can we look after our wellbeing and manage our feelings? Christian Value: Hope	Exploring ways to manage risk How can we manage risk in different places? Christian Value: Endurance	Making choices online How can we protect ourselves to make safe choices online? Christian Value: Trust	Families and growing together How do different families grow and change? Christian Value: Compassion	Building healthy habits How can we build healthy habits? Christian Value: Endurance	
Y5/6	Mental health and wellbeing How can we look after our mental health? How do we change as we grow? Christian Value: Compassion	Managing money and online spending How can we manage money and online spending? Christian Value: Trust	Embedding healthy habits and learning first aid How can we build healthy habits and learn basic first aid? Christian Value: Compassion	Positively engaging with our world How can we positively engage with the world around us? Christian Value: Hope	Drug education: assessing risk and managing influences What are the risks of drugs and how can we stay safe? Christian Value: Trust	Looking to the future How can we prepare for our future? Christian Value: Endurance