

PSHE Half Termly Units

Choose Year Group
Nursery
Reception
Y1
Y2
Y3
Y4
Y5
Y6
NA

Autumn 1

Me and My Relationships
Collaboration Challenge!
Give and take
How good a friend are you?
Relationship cake recipe
Being assertive
Our emotional needs
Communication

Autumn 2

Valuing Difference
Qualities of friendship
Kind conversations
Happy being me
The land of the Red People
Is it true?
It could happen to anyone

Spring 1

Keeping Myself Safe
'Thinking' about habits
Jay's dilemma
Spot bullying
Ella's diary dilemma
Decision dilemmas
Play, like, share
Drugs: true or false?
Smoking: what is normal?
Would you risk it?

Spring 2

Rights and Responsibilities
What's the story?
Fact or opinion?
Rights, responsibilities and duties
Mo makes a difference
Spending wisely
Lend us a fiver!
Local councils

Summer 1

Growing and Changing
How are they feeling?
Taking notice of our feelings
Dear Hetty
Changing bodies and feelings
Growing up and changing bodies
Help! I'm a teenager - get me out of here!
Dear Ash
Stop, start, stereotypes

Summer 2

Being my Best
Getting fit
It all adds up!
Different skills
My school community (2)
Independence and responsibility
Star qualities?
Basic first aid