New PSHE Curriculum – School Overview-2026

	Autumn1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	**How can we look after each other and the world?** Scenario: Leo drops his banana skin on the playground and walks away. What could you do? **Article 12: right to be heard** **Article-29: respect others**	**Who is special to us?** Scenario: Amira is upset because she misses someone who looks after her. How could the people who care for her help? **Article- 9: family** **Article 5: care and guidance**	**What helps us stay healthy?** *Who can help us if we feel unwell and worried?* Scenario: Sophie feels tired because she never eats breakfast and goes to bed very late. What advice would you give her? **Article 24: health**	**What is the same and different about us?** *How do families provide love, security and stability?* Scenario: Ben says, 'We can't play together because we're different.' What would you say? **Article- 9: family** **Article- 18: care and support**	**Who helps to keep us safe?** *How can we stay safe near water?* Scenario: You find some tablets on the kitchen table. What should you do? **Article- 19: protection and safety**	**What can we do with money?** Scenario: You have £5. Would you spend it all today or save some? Why? **Article- 26: support and resources**
Year 2	**How can we solve disagreements with friends?** *What makes a good friend?* Scenario: Sam is sitting alone at playtime. What could you do? **Article 15 – Friends;** **Article 29 – Respect**	**How do we recognise our feelings?** Scenario: Ava is crying because she has lost her favorite toy. How might she feel? What could you do? **Article 24 – Health**	**What is bullying?** *Who can we talk to if we are worried or upset?* Scenario: A child keeps calling another child names every playtime. What should happen? **Article 19 – Protection**	**What helps us to stay safe?** *How can we stay safe near water?* Scenario: Someone you don't know asks you to go with them because they know your mum. What should you do? **Article 19 – Protection**	**What helps us grow and stay healthy?** Scenario: Liam only eats sweets and never plays outside. What advice would you give him? **UNCRC: Article 24 – Health**	**What jobs do people do?** Scenario: Someone falls off their bike. Which people could help? **Article 28 – Education** **Article 29 – Talents**
Year 3	**How can we be a good friend?** *What should we do if friendships make us feel unhappy?* Scenario: Two friends both want the same football. How could they solve the problem? **UNCRC: Article 15 – Friends**	**What keeps us safe?** **Scenario: Someone online asks for your name and address. What should you do?** **Article 19 – Protection**	**What are families like?** *How do families support each other in difficult times?* Scenario: Your friend is worried because things at home feel difficult. How could you support them? **U Article 5 & 18 – Family support**	**What makes a community?** Scenario: Your local park is full of litter. What could your community do? **Article 15 – Community**	**Why should we eat well and look after our teeth?** Scenario: Your friend never brushes their teeth before bed. What advice would you give? **Article 24 – Health**	**Why should we keep active and sleep well?** Scenario: Jack stays up until midnight playing games. How might this affect him? **Article 24 – Health**

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Green- Health and wellbeing

Blue- Living in the wider world

Year 4	**How do we treat each other with respect?** *What makes healthy friendships (trust, honesty, respect)?* Scenario: Someone laughs when another child gets an answer wrong. What should happen? **Article 2 & 29**	**What strengths, skills and interests do we have?** Scenario: Chloe says, 'I'm not good at anything.' What would you say? **Article 29 – Talents**	**How can we manage our feelings?** *Who can we talk to if we need help or support?* Scenario: You feel really angry because someone pushed in front of you. What could you do? **Article 24 – Health**	**What decisions can people make with money?** Scenario: You have £20. Would you spend it, save it or donate some? Why? **Article 27 – Standard of living**	**How can our choices make a difference to others and the environment?** Scenario: Your class notices lots of rubbish in the playground. What could you do? **Article 29 – Environment**	**How can we manage risk in different places?** *How can we stay safe near water?* Scenario: Your friends want to climb over a fence into a building site. What would you do? **Article 19 – Protection**
Year 5	**What makes up a person's identity?** Scenario: A child is teased because of their religion or culture. What should happen? **Article 8; Article 2**	**How can friends communicate safely?** *How do we know if information on is true?* *What is consent (permission) and why is it important?* *How do we respect our own and other's boundaries? How can we recognise when a relationship is unhealthy or unsafe?* Scenario: Someone online asks you to send a photo. What should you do? **Article 16 – Privacy**	**How can we help in an accident or emergency?** *How do we get help in an emergency situation?* Scenario: Your grandad falls over and cannot get up. What should you do first? **Article 24 – Health**	**What jobs would we like?** *How do we make informed choices about the future?* Scenario: Someone says, 'Girls can't be engineers.' How would you respond? **Article 29 – Talents**	**How will we grow and change?** Scenario: A friend is worried about changes during puberty. How could you help? **Article 24 – Health**	**How can drugs affect health?** Scenario: An older child offers you a vape and says, 'Everyone does it.' What would you do? **Article 24 – Health**

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Year 6	How can we keep healthy as we grow? How can we make informed choices about our health? How can we asses risk and safe choices? How do we respond safely in a water-related emergency? Scenario: A friend spends every evening on their phone, rarely exercises and often feels tired. What advice would you give? Article 24 – Health Scenario: Your friends want to swim in a river without a lifeguard. What would you do and why? Article 19 – Protection	How can the media influence people? How can media and online content influence our thoughts, feelings and behaviour? Scenario: An influencer says you need a certain product to be happy and popular. What would you think? Article 17 – Reliable information	What will change as we become more independent? Where can we get help and support as we become more independen How do friendships change as we grow? How can we recognise when a relationship is unhealthy or unsafe? How do we respect other's boundaries in different situation? Scenario: You're starting secondary school and someone encourages to break a school rule to fit in. What could you do? Article 5 – Guidance; Article 12 – Right to be heard

UNCRC articles are referenced to support teaching and understating of children's rights across the curriculum.

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