



Saint Michael Catholic Primary School



PSHCE Curriculum Overview 2025 – 2026

	Autumn 1 <i>Black History Month</i>	Autumn 2 <i>Parliament Week</i>	Spring 1 <i>Friendship Week</i> <i>Odd Socks Day</i>	Spring 2 <i>Online Safety Week</i>	Summer 1 <i>Feeling Good Week</i>	Summer 2 <i>Earth Day</i>
Overarching Theme	Zones of Regulation Growth Mindset	Living in the Wider World	Relationships Education <i>Created to love others: Personal Relationships</i>	Relationships Education <i>Created to love others: Keeping Safe</i>	Health and Wellbeing Education <i>Created and Loved by God</i>	Living in a Wider World
EYFS	Zones of Regulation Recognising our feelings, using collective tools and strategies to regulate them. Growth Mindset Different ways to do something tricky, Feelings when things get tricky, identifying challenging things, setting personal challenges	People, Culture and Communities Similarities and differences to other cultures, People and Communities Family customs and routines, past and present events	Relationships Role Model, Who's Who? You've Got A Friend in Me, Forever Friends	Relationships Safe Inside and Out, My Body, My Rules, Feeling Poorly, People who Help Us	Health and Wellbeing I Am Me, Heads, Shoulders, Knees and Toes, Ready Teddy, I Like, You Like, We All Like! Good Feelings, Bad Feelings, Let's Get Real, Growing Up	The World Showing care for the environment, the effect of our behaviour on the environment
Year 1	Zones of Regulation: Recognising our feelings, using collective tools and strategies to regulate them. Growth Mindset: Characteristics of a growth and fixed mindset, how it feels to fail, what does learning mean, inside the brain when we learn, personal challenges	Our Community Caring for our Communities, Who can help in an Emergency?	Relationships Foundation: Special people, social situations, dilemmas and forgiveness	Relationships Foundation: Risks of being online, good and bad secrets, physical boundaries, harmful substances First Aid Day: Who can help us?	Health and Wellbeing I am unique, similarities and differences in girls and boys, physical activity, dental health and healthy eating, sleep, personal hygiene.	Being a Good Citizen Why do we need rules? Voting: how and why do we do it?
Year 2	Zones of Regulation: Recognising our feelings, using collective tools and strategies to regulate them. Growth Mindset: Strategies for a fixed mindset, feelings and how we respond to when we make a mistake, characteristic of effort, learning challenges	Environment Pollution, litter, protecting local habitats, saving energy, plastic pollution	Relationships Revisit and Develop: Special people, social situations, dilemmas and forgiveness	Relationships Revisit and Develop: Risks of being online, good and bad secrets, physical boundaries, harmful substances, First Aid Day: Who can help us?	Health and Wellbeing Feelings, likes and dislikes, good actions, managing feelings, forgiveness, the cycle of life.	Money Money: our wants and needs, the power of giving, generosity and charity
Year 3	Zones of Regulation: Recognising our feelings, using bespoke tools and independently using strategies to regulate them. Growth Mindset: Feelings around failure, what happens in a brain of a growth and fixed mindset, importance of mistakes, barriers to learning, overcoming failure in different contexts	Caring for the environment The Value of trees, why do we need trees? Why are forests being destroyed? What can I do to stop forestation? Protecting local habitats	Relationships Foundation: Family structures, healthy relationships, managing thoughts, feelings and actions	Relationships Foundation: Online safety, online relationships, strategies for keeping safe online and in the real world. First Aid Day: Bites and Stings	Health and Wellbeing Similarities and differences, Self-confidence, Respecting Our Bodies, changing emotions, emotional well-being, the affect of the media, resilience, peer pressure.	Inspirational People Mary Seacole, Florence Nightingale, Nelson Mandela, how can I make a difference?



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Year 4	Zones of Regulation: Recognising our feelings, using bespoke tools and independently using strategies to regulate them. Growth Mindset: Failure as a learning process, strategies for perseverance, restrictive language, are we born to be good, characteristic of effective learning	Cultural Diversity Cultural Diversity in the UK, Challenging stereotypes, British Culture	Relationships Revisit and Develop: Family structures, healthy relationships, managing thoughts, feelings and actions	Relationships Revisit and Develop: Online safety, online relationships, strategies for keeping safe online and in the real world. First Aid Day: Asthma	Health and Wellbeing Puberty: what it means and what we should expect, correct names for genitalia, boys and girls in puberty, the moment of conception and life in the womb (God's loving plan for creation).	Climate Change What is climate change? The causes and impact of climate change. What can we do about climate change?
Year 5	Zones of Regulation: Recognising our feelings, using bespoke tools and independently using strategies to regulate them. Growth Mindset: Reflection of mindsets, stereotypes, identifying successful learners, how do characteristics affects being successful or being a failure	Equal Opportunities in our Society Benefits of living in a Society, roles in society, prejudice, diversity	Relationships Education: Personal Relationships and conflict, spoken and unspoken pressures, consent, thoughts and feelings	Relationships Education: Keeping Safe Sharing Isn't Always Caring, Cyberbullying, Types of Abuse, Impacted Lifestyles Making Good Choices, Giving Assistance, Seeing Stuff Online First Aid Day: Bleeding	Health and Wellbeing Gifts and Talents, the changes that girls and boys will experience during puberty, modesty, boundaries, good choices for health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment.	Living in a Wider World: Democracy What is democracy? Democratic life in Britain, the Suffragette Movement, taxes, Parliament, Government
Year 6	Zones of Regulation: Recognising our feelings, using bespoke tools and independently using strategies to regulate them. Growth Mindset: The impact of words on mindsets, the individual learner, overcoming barriers, responding to mistakes, defining learning, reflecting on others learning,	Human Rights Rights and responsibilities, what are human rights, conflicting rights, discrimination	Relationships Revisit and Develop: Relationships and conflict, spoken and unspoken pressures, consent, thoughts and feelings	Relationships Revisit and Develop: Sharing Isn't Always Caring, Cyberbullying, Types of Abuse, Impacted Lifestyles Making Good Choices, Giving Assistance, Seeing Stuff Online First Aid Day: Recovery Position	Health and Wellbeing The affect of the media, resilience, peer pressure, peculiar feelings, hormonal effects on emotional well-being, a babies growth in a Mother's womb, the nature and role of menstruation in the fertility cycle.	Transition to Secondary School Identifying positives and achievements, facing new challenges, how to prepare