



# KS1 PSHE overview 2025-2026



Health and Wellbeing			Living in the wider world	
Think positive	Safety first	It's my body	Money matters	Aiming high
<p>This unit is designed to help children recognise, talk about and accept their feelings, both positive and negative, as well as how to manage certain emotions. The lessons support themes of thinking positively and calmly, making good decisions and developing resilience. It also encourages the children to explore the positive feelings associated with being thankful, grateful and mindful</p>	<p>In this unit of work, children will learn about everyday dangers, in the home and outside, and how they can keep themselves safe. Children will also learn rules to keep themselves safe around strangers, both in real life and online. They will be taught about The Underwear Rule, which includes information about appropriate and inappropriate touching and knowing that what is inside their underwear is private. Children will also learn about people who help them and how to get help when needed, as well as their growing responsibility for their own safety.</p>	<p>The It's My Body unit explores choices that children can make about looking after their bodies. The lessons look at key areas where children can make safer choices: their body, sleep and exercise, diet, cleanliness and substances. Children will learn facts about each of these areas and learn strategies to manage them. The message of choice and consent runs through the unit and children are encouraged to get help from trusted adults when necessary.</p>	<p>This unit encourages children to think about where money comes from and how it can be used. Children will discuss the idea of spending and saving their money and begin to understand why it is important to keep belongings, including money, safe. They will also learn about the different things on offer when they go shopping and how we need to identify the difference between the things we want and the things we need.</p>	<p>In this unit of work, children will learn about having high aspirations. They will start by discussing positive views of themselves and will then identify how having a positive learning attitude can help them tackle and achieve new learning challenges and improve learning outcomes. Opportunities will also be provided for children to share aspirations for the future, with regard to employment and personal goals. Through this learning, different jobs and roles will be considered. In doing this, some of the difficulties faced by stereotyping will be explored. Children will also have the opportunity to discuss what they are looking forward to about their learning next year.</p>



## KS1 RSE overview 2025-2026

### Year One- We meet God's love in our family

To focus on families and specially growing up in a loving, secure and stable home

Children know and understand that they are growing and developing as members of their own family and God's family.

Physical	Social	Emotional	Intellectual	Spiritual
Who is in my family?	Sharing the wonder and excitement of family moments	What are the happiest moments in your family?	Why do we need to grow up in families?	We are members of God's family.

### Year Two- We meet God's love in the community

To describe how we are growing and developing in diverse communities that are God-given

Children know and understand that they are growing and developing in a God-given community.

Physical	Social	Emotional	Intellectual	Spiritual
Do you belong to a community?	Is belonging to a community important?	How does a community help us to develop our emotions?	Could people feel alone even though they belong to a community?	If God is called 'Our Father', what does that make us?