

PSHE Overview 2025 – 2026

Ten:Ten Module 1- Created and Loved by God / emotional wellbeing										
	1	2	3	4	5	6	7	8	9	10
Rec	Unit 1 Handmade with love	Unit 2 I Am Me	Heads, shoulders, knees and toes	Ready Teddy?	Unit 3 I like, you like, we all like!	All the feelings	Let's get real	Unit 4 Growing up	Anti-bullying week	NSPCC PANTS
Year 1	Unit 2			Emotions: how do I feel today?						
	I am unique	Girls and boys	Clean and healthy (My body)	Our emotions – how do I feel today	Describing our feelings	Knowing how I feel	Managing our feelings	NSPCC PANTS	Anti-bullying week	Road safety
Year 2	Unit 3			Emotions: what helps me to be happy?						
	Feelings, likes and dislikes	Feeling inside out	Super Susie gets angry	Emotions toolkit – different feelings	Things that affect how we feel	Managing a range of emotions	Managing change	NSPCC PANTS	Anti-bullying week	Road safety
Year 3	Unit 2		Who does my body belong to?		Emotions: how can I manage my emotions?					
	We don't have to be the same	Respecting our bodies	Amazing bodies	My body belongs to me	Emotions toolkit	Emotions and deep feelings	Managing strong emotions	Managing conflict in healthy ways	Anti-bullying week	Road safety
Year 4	Unit 2		Unit 3			Emotions: how can we add to our emotions toolkit?				
	What is puberty?	Changing bodies	What am I feeling?	What am I looking at?	I am thankful	Our emotions toolkit – self-esteem	Feeling down and lonely	Managing my emotions	Anti-bullying week	Living happy lives
Year 5	Unit 2				Emotions: how can we manage challenges?					
	Gifts and talents	Girls' bodies	Boys' bodies	Spots and sleep	Fire safety, burns and fireworks	Emotions toolkit - challenges	All emotions are important	Facing challenges	Anti-bullying week	
Year 6	Unit 3						Unit 3			Unit 3
	Body image	Peculiar feelings	Emotional changes	Seeing stuff online	Fire safety, burns and fireworks	Making babies 1*	Making babies 2	Menstruation	Anti-bullying week	Hope beyond death

*parent letter in advance

Ten:Ten Module 2 - Created to love others / online safety focus											
	1	2	3	4	5	6	7	8	9	10	
Rec	Unit 1 Role model	Unit 2 Who's who?	You've got a friend in me	Forever friends	Unit 3 What is the internet?	Playing online	Unit 4 Safe inside and out	My body, my rules	Feeling poorly	People who help us	
Year 1	Unit 2			Our online lives: What should I do if I feel unsafe online?				Physical health: How can I look after my body?			
	Special people	Treat others well...	...and say sorry	Having fun online	The online world	Feeling safe online	Online worries	Why exercise is important	Sleep is important	My body is important	
Year 2	Unit 4					Our online lives: Who should I talk to online?					
	Good and bad secrets	Physical contact	Harmful substances	Can you help me? Part 1	Can you help me? Part 2	Deciding what to do online	People on the internet	Talking to people online	Sharing photos and videos online	Oral hygiene	
Year 3	Unit 2			Our online lives: How can I be kind and happy online?							
	Family, friends and others, pt 1	Family, friends and others, pt 2	When things feel bad	Our favourite things online	What to do if I feel uncomfortable online	The rules for friendship online	Deciding if a question is too personal	Keeping safe in the online world	Oral hygiene		
Year 4	Unit 4			Media influence: What is fake news?				What does a healthy relationship feel like?			
	Safe in my body	Drugs, alcohol and tobacco	First aid heroes	Understanding what we see online	Understanding bias	The problem with fake news	Deciding what is real and what is fake	Healthy friendships	Healthy families	Pressure from friends / adults	
Year 5	Unit 2				Media influence: Who decides what I experience in the online world?				How do I thrive online?		
	Under pressure	Do you want a piece of cake?	Self-talk	Build others up	Understanding online influences	How algorithms influence what we see	Understanding my power online	The power of data	Group chats	Online comparisons	
Year 6	Unit 4				Our online lives: What should I share online?						
	Types of abuse	Impacted lifestyles	Making good choices	Giving assistance	Deciding what to share online	Peer pressure online	Power in the online space	Discrimination in the online space			

Ten:Ten Module 3 - Created to live in community / health and safety										
	1	2	3	4	5	6	7	8	9	10
Rec	Unit 1 God is love	Loving God, loving others	Unit 2 Me, you, us							
	Unit 1	Unit 2		Staying safe and healthy: how do I look after my body?				Physical health: Stop the spread!		
Year 1	Three in one	The communities we live in	CST action week	Dangers in the home	Dangers outside the home	Road safety	Sun safety	Healthy hands are happy hands	Catch it, bin it, kill it!	Helpful but harmful
	Unit 1	Unit 2		Risky substances: safe at home		Responsibility for my health?		Physical health: How do I eat a balanced diet?		
Year 2	Who is my neighbour?	The communities we live in	CST action week	Careful with chemicals	Avoiding dangerous medicines	Keeping clean and healthy	Emergencies	Favourite foods	Food is important	Healthy foods
	Unit 1	Unit 2		SS&H: How can I stay safe out and about?				Physical health: How can I get active and eat well?		
Year 3	A community of love	How do I love others?	CST action week	Staying safe near water	Dangers on the road	Staying safe near railways	Keeping our bodies strong	Making an activity plan	Choosing our foods carefully	A healthy week
	Unit 1	Unit 2		SS&H: How do I avoid getting ill?				All around me		
Year 4	What is the church?	How do I love others?	CST action week	Keeping our bodies clean and healthy	Preventing the spread of disease	Sunburns, stings, allergies and anaphylaxis	Community care	I roll with my role	We are a jigsaw	Help is on hand /Mayor making ceremony
	Unit 1	Unit 2		SS&H: How do I avoid harm?				Yes, it's our world, our wonderful world!		
Year 5	The Holy Trinity	Reaching out	CST action week	Identifying hazards	Reporting an emergency	The importance of vaccines	H2O	Reduce, reuse, recycle	Be better and do more	Biodiversity and ecosystems / Deforestation
	Unit 1	Unit 2		Risky substances : why do people use...		SS&H : How can I save a life?			Money matters	
Year 6	Catholic Social Teaching	Reaching out	CST action week	Risky substances - alcohol	Risky substances - drugs	Basic first aid	Head injuries	Asthma	Employment	Money matters / Men & women at work

SS&H: Staying safe and healthy

Key:

Ten:Ten	Oak Academy	CST	Other: wellbeing	Other: health/safety
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Additional activities planned in across the year:

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn	Fire Engine visit	Clever Never Goes			Enterprise (Christmas crafts)	Enterprise (Christmas crafts)	Enterprise (Christmas crafts)
	Cenotaph visits, links with Brockwell Court, Glenroyd House, Judaism workshops, carol singing, Anti-bullying Week, Kindness Day, World Day of Peace						
Spring				Pedestrian training		Mini-Police	
	Hinduism talk in school, Holocaust Memorial Day, Mental Health Awareness/Love Yourself Day, Fairtrade Fortnight, Safer Internet Day						
Summer	Jet & Ben Fire and water safety	Fire Engine visit	Fire Engine visit	Police talk - water safety	Enterprise week Bikeability Police talk - water safety	Enterprise week First Aid day Police talk - online safety	Enterprise week Police talk - anti-social behaviour / gang culture
	Sikhism talk in school, World Environment Day						

For all year groups: careers talks ongoing throughout the year