

PSHE Teaching Units 2025/ 2026

Year Group	Autumn 1 Autumn1 2425.doc	Autumn 2 Autumn 2 2425.doc	Spring 1 Spring1 2425.doc	Spring 2 Spring2 2425.doc	Summer 1 Summer1 2425.doc	Summer 2 Summer2 2425.doc
Reception	My feelings	Building relationships	Taking on challenges	My family and friends	My Wellbeing	Listening and following instructions
Vocabulary	Emotions Feelings Happy Sad Angry Calm Scared Loved (Additional emotions taught as outlined in Kapow)	Family Love Friend Share Unique Interests/hobbies Similar Different Diversity	Rule Persistence Challenge Problem solving Mistake Cope Teamwork Grounding technique Trial and error	Festival Celebration Turn-taking Support	Exercise Breathing Heart-rate Health Relaxation Independence Pedestrian	Listening Persevere Team
Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Family and relationships	Health and wellbeing	Citizenship	Safety and the changing body	Economic wellbeing	Transition
Vocabulary	Behaviour Care Family Friend Friendly Problem Stereotype Permission	Allergy Germs Ill (poorly) Qualities Relax	Care Democracy Fair Pet Responsibility Rule Unique Vote	Accident Drug Emergency Hazards Medicine Physical contact Polite Respect Role Trust	Banks and building societies Cash Earn Save Skill Spend Value	
Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

Year 2	Family and relationships	Health and wellbeing	Citizenship	Safety and the changing body	Economic wellbeing	Transition
Vocabulary	Manners Friendship	Diet Exercise Goal Growth mindset Healthy Physical activity Relaxation Skill Strengths	Election Environment Identity Job Opinion School council Volunteer	Pedestrian Private Secret Surprise Penis Testicles/testes Vulva Vagina	Coins Need Notes Priority Want	
Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Family and relationships	Health and wellbeing	Citizenship	Safety and the changing body	Economic wellbeing	Transition
Vocabulary	Bullying Communicate Empathy Open questions Solve Sympathy Trust	Alone Balance Barriers Belonging Identity Lonely Resilience Boundaries	Charity Community Consequence Council Councillor Law Recycling Rights United Nations (UN)	Allergic Anaphylaxis Bullying Casualty Choice Cyberbullying Decision Distraction Fake Influence Injuries	Account Budget Career Feeling Stereotype	
Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	Family and relationships	Health and wellbeing	Citizenship	Safety and the changing body	Economic wellbeing	Transition
Vocabulary	Act of kindness Authority Bereavement Boundaries Bystander Permission	Fluoride Mental health Negative emotions Positive emotions Visualise	Authority Cabinet Council officer Diversity Human rights Local government Protect	Age restriction Asthma Law Protect Puberty Public Tobacco	Bank account Bank statement Influence Satisfaction Value for money	

			Reuse	Breasts Genitals		
Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Family and relationships	Health and wellbeing	Citizenship	Safety and the changing body	Economic wellbeing	Transition
Vocabulary	Attributes Cyberbullying Marriage Secret Wedding	Fail Protect Responsibility Steps Assertive Aggressive Passive	Defendant Freedom of expression Government House of Commons Protected characteristics Judge Jury Member of Parliament Parliament Pressure group Prime Minister Trial	Sperm duct Urethra Uterus Vaginal opening Voice breaking Wet dreams Womb	Allocate Expenditure Income Loan Repayment	
Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	Family and relationships	Health and wellbeing	Citizenship	Safety and the changing body	Economic wellbeing and Identity	
Vocabulary	Authority Conflict Earn Expectation Grief Grieving Resolve Respect	Antibodies Habit Vaccination	Authority Conflict Earn Expectation Grief Grieving Resolve Respect Harassment	Alcohol Internet trolling Pregnant Sex Education: Conception Fertilisation Sexual intercourse Sperm	Earnings Gambling Roles and responsibilities University Valuable Change Identity Images	

					Manipulation Media	
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