

Junior School PSHE Curriculum Overview

Years 1 to 6

Twinkl Life PSHE Curriculum

This overview sets out the personal, social, health and economic education taught in each half term. The curriculum develops progressively through the themes of health and wellbeing, relationships and living in the wider world, helping pupils build the knowledge, language and practical skills they need to flourish safely and confidently.

Maynard Junior School

Year 1 PSHE Curriculum Overview

Across the year, pupils revisit key ideas at an increasingly age-appropriate level, making connections between their wellbeing, their relationships and their responsibilities in the wider world.

Autumn Term

Autumn 1 Be Yourself • Pupils explore what makes each person unique. • They learn to name and express feelings, recognise their strengths and understand that it is important to be proud of who they are. • The unit develops confidence, self-respect and respect for the similarities and differences between people.	Autumn 2 Safety First • Pupils learn simple ways to keep themselves and others safe at home, at school and when out and about. • They identify trusted adults, practise asking for help, understand basic road and household safety and learn that medicines should only be given by a responsible adult.
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Spring Term

Spring 1 Diverse Britain • Pupils learn about belonging to a family, class, neighbourhood and country. • They explore what communities have in common, celebrate difference and begin to understand the British values of respect, fairness, democracy and following agreed rules.	Spring 2 VIPs • Pupils think about the very important people in their lives and what makes a healthy relationship. • They practise kindness, listening, sharing and resolving small disagreements, and learn how to recognise when a friendship feels safe, caring and fair.
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Summer Term

Summer 1 It's My Body • Pupils learn that their body belongs to them and that they can make choices that help it stay healthy. • They consider sleep, exercise, food, hygiene and dental care, and learn the difference between comfortable and uncomfortable touch and how to speak to a trusted adult.	Summer 2 One World • Pupils discover that people around the world have different lives and experiences but share many needs. • They learn about caring for living things and the environment, using resources responsibly and making small choices that can help their local and global community.
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Year 2 PSHE Curriculum Overview

Across the year, pupils revisit key ideas at an increasingly age-appropriate level, making connections between their wellbeing, their relationships and their responsibilities in the wider world.

Autumn Term

Autumn 1 TEAM • Pupils learn how a class becomes an effective team. • They develop listening, cooperation and turn-taking, consider how their choices affect others and explore kindness, inclusion and bullying. • They practise solving problems together and identify ways to help everyone feel that they belong.	Autumn 2 Think Positive • Pupils learn to notice and name a wider range of feelings and to recognise helpful and unhelpful thoughts. • They practise simple calming strategies, positive self-talk and ways to manage worries, mistakes and change, while understanding when and how to ask an adult for support.
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Spring Term

Spring 1 Money Matters • Pupils explore where money comes from and some of the ways it is used. • They distinguish between needs and wants, consider saving and spending choices and learn that people may make different decisions about money. • The unit introduces responsible choices and keeping money safe.	Spring 2 Digital Wellbeing • Pupils learn how technology can support learning, play and communication while recognising the importance of balance. • They explore privacy, respectful online behaviour, age-appropriate content and what to do if something online worries them, including telling a trusted adult.
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Summer Term

Summer 1 Growing Up • Pupils consider how people grow and change from babies to adults. • They identify what has changed in their own lives, recognise increasing independence and learn the scientific names for the main external body parts. • The unit reinforces privacy, respectful questions and trusted sources of help.	Summer 2 Aiming High • Pupils identify things they are good at and skills they would like to develop. • They explore a range of jobs, understand that interests and effort can shape future choices and learn to set a realistic goal, break it into steps and respond positively when something is difficult.
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Year 3 PSHE Curriculum Overview

Across the year, pupils revisit key ideas at an increasingly age-appropriate level, making connections between their wellbeing, their relationships and their responsibilities in the wider world.

Autumn Term

Autumn 1 Be Yourself • Pupils develop a stronger understanding of identity, personal qualities and self-worth. • They explore how feelings influence behaviour, practise expressing emotions appropriately and consider how to manage pressure to fit in. • They learn to value individuality while showing respect for others.	Autumn 2 Safety First • Pupils build their ability to assess everyday risks and make safer choices. • They consider road, fire, water and digital safety, learn basic responses in an emergency and identify trusted adults and services. • They also explore peer pressure and the importance of following safety guidance.
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Spring Term

Spring 1 Diverse Britain • Pupils explore the communities and groups that make up modern Britain. • They consider identity, diversity, rights, responsibilities and the role of rules and laws. • They learn how respect, tolerance, democracy and participation help communities work well.	Spring 2 VIPs • Pupils examine what makes relationships positive, including trust, respect, honesty and appropriate boundaries. • They practise communication and conflict resolution, recognise different forms of unkind behaviour and learn how to seek help when a friendship or relationship causes concern.
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Summer Term

Summer 1 It's My Body • Pupils explore how choices about food, exercise, sleep and hygiene affect physical and mental health. • They learn that their body belongs to them, consider consent and personal boundaries in age-appropriate contexts and understand how trusted adults and health professionals can provide support.	Summer 2 One World • Pupils develop their understanding of global citizenship. • They explore similarities and differences in people's lives, the distribution of resources and the impact of everyday choices on communities and the environment. • They identify practical ways to act responsibly and contribute to positive change.
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Year 4 PSHE Curriculum Overview

Across the year, pupils revisit key ideas at an increasingly age-appropriate level, making connections between their wellbeing, their relationships and their responsibilities in the wider world.

Autumn Term

Autumn 1 TEAM • Pupils deepen their teamwork skills by exploring shared goals, roles, responsibilities and effective communication. • They learn to recognise and challenge bullying, value different contributions, manage disagreement constructively and reflect on how cooperation and compromise help a group succeed.	Autumn 2 Think Positive • Pupils explore the connection between thoughts, feelings and behaviour. • They develop strategies for managing worry, disappointment and change, including mindfulness, reframing unhelpful thoughts and seeking support. • The unit strengthens resilience, self-regulation and a growth mindset.
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Spring Term

Spring 1 Money Matters • Pupils learn about earning, saving, spending and budgeting. • They distinguish between essential and optional expenditure, consider how advertising can influence choices and understand that financial decisions have consequences. • They practise making thoughtful choices within a simple budget.	Spring 2 Digital Wellbeing • Pupils consider how online activity can affect wellbeing, relationships and reputation. • They explore privacy, passwords, online communication, gaming and screen-time balance. • They learn to recognise unsafe or unkind behaviour, preserve evidence where appropriate and report concerns to a trusted adult.
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Summer Term

Summer 1 Growing Up • Pupils learn about physical and emotional changes as children grow, including an age-appropriate introduction to puberty. • They discuss personal hygiene, changing responsibilities and respectful language, and learn that development happens at different rates and questions should be taken to trusted adults.	Summer 2 Aiming High • Pupils explore the links between personal strengths, skills, interests and future opportunities. • They learn about a broad range of careers, challenge limiting stereotypes and practise setting measurable goals. • They consider how perseverance, feedback and adapting a plan can help them achieve.
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Year 5 PSHE Curriculum Overview

Across the year, pupils revisit key ideas at an increasingly age-appropriate level, making connections between their wellbeing, their relationships and their responsibilities in the wider world.

Autumn Term

Autumn 1 Be Yourself • Pupils examine identity, self-esteem and the influences that can shape how people see themselves. • They explore emotional responses, media messages and peer pressure, practise assertive communication and learn strategies for making choices that reflect their values while respecting difference.	Autumn 2 Safety First • Pupils develop more sophisticated risk-assessment and decision-making skills. • They consider safety in public places, at home and online, peer influence, basic first-aid responses and sources of help. • They learn that responsible choices involve recognising hazards, consequences and when expert support is needed.
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Spring Term

Spring 1 Diverse Britain • Pupils explore Britain as a diverse democracy and examine how laws, rights and responsibilities support society. • They consider identity, discrimination, stereotypes and community participation, and learn how respectful challenge and active citizenship can help create fairer, more inclusive communities.	Spring 2 VIPs • Pupils explore changing relationships and the qualities of healthy friendships. • They consider trust, loyalty, boundaries, consent, peer pressure and conflict, including how relationships may change over time. • They practise assertiveness and identify reliable ways to seek advice or report concerns.
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Summer Term

Summer 1 It's My Body • Pupils consider their growing responsibility for physical and mental health. • They explore nutrition, exercise, sleep, hygiene, substances and body image, alongside consent and personal boundaries. • They evaluate health information and identify trusted people and services that can offer help.	Summer 2 One World • Pupils investigate global inequality, sustainability and the interdependence of people and environments. • They consider how trade, consumption and use of natural resources affect others and the planet, and plan realistic actions that demonstrate responsible citizenship locally and globally.
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Year 6 PSHE Curriculum Overview

Across the year, pupils revisit key ideas at an increasingly age-appropriate level, making connections between their wellbeing, their relationships and their responsibilities in the wider world.

Autumn Term

Autumn 1 TEAM • Pupils refine the skills needed to contribute positively to a team and wider school community. • They explore leadership, responsibility, negotiation and compromise, consider how to respond to bullying and exclusion and reflect on how different strengths can be combined to achieve a shared goal.	Autumn 2 Think Positive • Pupils deepen their understanding of mental wellbeing and the factors that affect it. • They practise strategies for managing stress, setbacks and transitions, including mindfulness, realistic positive thinking and self-regulation. • They identify warning signs and know how to access appropriate support.
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Spring Term

Spring 1 Money Matters • Pupils develop practical financial awareness through budgeting, saving, borrowing and considering value for money. • They explore income, tax, interest and the influence of advertising, scams and online spending. • They learn to weigh risk and consequence when making increasingly independent financial choices.	Spring 2 Digital Wellbeing • Pupils evaluate how digital choices affect wellbeing, relationships, privacy and future reputation. • They examine persuasive design, screen-time balance, cyberbullying, online pressure, misinformation and contact with strangers. • They learn how to protect personal information, report concerns and support others safely.
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Summer Term

Summer 1 Growing Up • Pupils consolidate their understanding of puberty and the physical and emotional changes associated with adolescence. • They consider hygiene, body image, changing relationships, consent and sources of accurate information. • Learning is framed sensitively to support confidence, respect and preparation for secondary school.	Summer 2 Aiming High • Pupils reflect on achievements, strengths and areas for development as they prepare for transition. • They explore aspirations, pathways and the changing world of work, challenge stereotypes and create achievable personal goals. • They learn how resilience, organisation, feedback and support can help them progress.
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