

PSHE Overview 2024-2025



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Self -regulation:	Building	Managing self:	Self regulation:	Building	Managing self: My
Seedling Class	My Feelings	relationships: Special relationships	Taking on challenges	Listening and following instructions	relationships: My family and Friends.	wellbeing
KS1 Sapling Class	Families and Relationships (8 weeks)	Complete Families and Relationships Health and Wellbeing (8 weeks)	Complete Health and Wellbeing Citizenship (6 weeks)	Complete Citizenship Safety and the changing body (9	Complete Safety and the changing body	Economic wellbeing (5 weeks) and Transition(1 week)
Cycle A				weeks)		
KS1	Families and Relationships (8 weeks)	Complete Families and Relationships Health and	Complete Health and Wellbeing Citizenship (7	Complete Citizenship Safety and the	Complete Safety and the changing body	Economic wellbeing (5 weeks) and Transition(1 week)
Cycle B		Wellbeing (7 weeks)	weeks)	changing body (9 weeks)		
LKS2	Families and Relationships (9 weeks)	Complete Families and Relationships	Complete Health and Wellbeing	Complete Citizenship	Complete Safety and the changing body	Economic wellbeing (5 weeks) and Transition(1 week)
		Health and Wellbeing (8 weeks)	Citizenship (6 weeks)	Safety and the changing body (8 weeks)		
LKS2	Families and Relationships (9 weeks)	Complete Families and Relationships	Complete Health and Wellbeing	Complete Citizenship	Complete Safety and the changing body	Economic wellbeing (5 weeks) and Transition(1 week)
Class J Cycle B		Health and Wellbeing (8 weeks)	Citizenship (6 weeks)	Safety and the changing body (8 weeks)		