

Carrington Junior School PHSE overview – 2025/26

	Autumn	Spring	Summer
Year Three	<p>Me and my relationships As a rule Looking after our special people How can we solve this problem? Tangram team challenge Friends are special Thunks Dan's dare My special pet</p> <p>Valuing differences Respect and challenge Family and friends My community Our friends and neighbours Let's celebrate our differences Zeb</p>	<p>Keeping safe Lesson Plans Safe or unsafe? Danger or risk? The Risk robot Super Searcher Help or harm? Alcohol and cigarettes: the facts Raisin challenge (1)</p> <p>Rights and respect Helping each other to stay safe Recount task Our helpful volunteers Can Harold afford it? Earning money Harold's environment project Let's have a tidy up!</p>	<p>Being my best Derek cooks dinner! (healthy eating) Poorly Harold Body team work For or against? I am fantastic! Top talents Getting on with your nerves!</p> <p>Growing and changing Lesson Plans Relationship tree Body space None of your business! Secret or surprise? My changing body Basic first aid</p>
Year Four	<p>Me and my relationships Human machines Ok or not ok? (part 1) Ok or not ok? (part 2) An email from Harold! Different feelings When feelings change Under pressure</p> <p>Valuing differences Lesson Plans Can you sort it? What would I do? The people we share our world with That is such a stereotype! Friend or acquaintance? Islands</p>	<p>Keeping safe Danger, risk or hazard? How dare you! Keeping ourselves safe Raisin challenge (2) Picture wise Medicines: check the label Know the norms Traffic lights</p> <p>Rights and respect Who helps us stay healthy and safe? It's your right How do we make a difference? In the news! Safety in numbers Harold's expenses Why pay taxes?</p>	<p>Being my best What makes me ME! Making choices SCARF hotel Harold's Seven Rs My school community (1) Basic first aid Volunteering is cool</p> <p>Growing and changing Moving house My feelings are all over the place! All change! Preparing for changes at puberty Secret or surprise? Together</p>

		Logo quiz	
Year Five	<p>Me and my relationships Collaboration Challenge! Give and take Communication How good a friend are you? Relationship cake recipe Our emotional needs Being assertive</p> <p>Valuing differences Qualities of friendship Kind conversations Happy being me The land of the Red People Is it true? Stop, start, stereotypes It could happen to anyone</p>	<p>Keeping safe Spot bullying Play, like, share Decision dilemmas Ella's diary dilemma Vaping: healthy or unhealthy? Would you risk it? 'Thinking' about habits Drugs: true or false? Smoking: what is normal?</p> <p>Rights and respect What's the story? Fact or opinion? Mo makes a difference Rights, respect and duties Spending wisely Lend us a fiver! Local councils</p>	<p>Being my best (inc 1st aid) It all adds up! Different skills My school community (2) Independence and responsibility Star qualities? Basic first aid, including Sepsis Awareness</p> <p>Growing and changing – inc SRE How are they feeling? Taking notice of our feelings Dear Ash Growing up and changing bodies Changing bodies and feelings Help! I'm a teenager - get me out of here! Dear Hetty</p>
Year Six	<p>Me and my relationships Working together Let's negotiate Solve the friendship problem Dan's day Behave yourself Assertiveness skills Don't force me Acting appropriately</p> <p>Valuing differences OK to be different We have more in common than not Respecting differences Tolerance and respect for others Advertising friendships! Boys will be boys? - challenging gender stereotypes</p>	<p>Keeping safe Lesson Plans Think before you click! It's a puzzle To share or not to share? Rat Park What sort of drug is...? Drugs: it's the law! Alcohol: what is normal? Joe's story (part 1) Joe's story (part 2)</p> <p>Rights and respect Two sides to every story Fakebook friends What's it worth? Jobs and taxes Happy shoppers - caring for the environment</p>	<p>Being my best This will be your life! Our recommendations What's the risk? (1) What's the risk? (2) Basic first aid, including Sepsis Awareness Five Ways to Wellbeing project</p> <p>Growing and changing – inc SRE and secondary transition Lesson Plans I look great! Media manipulation Pressure online Helpful or unhelpful? Managing change Is this normal? Making babies</p>

		Action stations! Project Pitch (parts 1 & 2) Democracy in Britain 1 - Elections Democracy in Britain 2 - How (most) laws are made Community art (OPTIONAL)	What is HIV? (OPTIONAL)
Assembly	SCARF Values assemblies The SCARF values assemblies are whole-school assemblies to introduce each of the five SCARF values. The first of these is an introduction to SCARF and is followed by five different assemblies, each exploring one of Safety, Caring, Achievement, Resilience and Friendship.	SCARF themes' assemblies There is an assembly to introduce each of the SCARF half-termly unit themes,	

(Units include lesson plans that cover all the DfE statutory requirements for Relationships Education and Health Education)

Year/Half-termly unit titles	1 Me and my Relationships	2 Valuing Difference	3 Keeping Safe	4 Rights and Respect	5 Being my Best	6 Growing and Changing
Y3	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Recognising and respecting diversity Being respectful and tolerant My community	Managing risk Decision-making skills Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets
Y4	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Having choices and making decisions about my health Taking care of my environment My skills and interests	Body changes during puberty Managing difficult feelings Relationships including marriage

Y5	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending	Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community	Managing difficult feelings Managing change How my feelings help keeping safe Getting help
Y6	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)	Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	Aspirations and goal setting Managing risk Looking after my mental health	Coping with changes Keeping safe Body Image Sex education Self-esteem