

**PSHCE**  
**Unit Overview 2025/2026**



*By the end of the academic year, the units will cover all the required year group skills and knowledge criteria.*

Year	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<b>EYFS</b>	Personal, Social and Emotional Development					
<b>Year 1</b>	<p>I feel special and safe in my class.</p> <p>I know that I belong to my class.</p> <p>I know how to make my class a safe place for everybody to learn.</p> <p>I recognise how it feels to be proud of an achievement.</p> <p>I recognise the range of feelings when I face certain consequences.</p>	<p>I can identify similarities between people in my class.</p> <p>I can identify differences between people in my class.</p> <p>I can tell you what bullying is.</p> <p>I know some people who I could talk to if I was feeling unhappy or being bullied.</p> <p>I know how to make new friends.</p>	<p>I can say what makes a good friend</p> <p>I understand what makes us different and unique.</p> <p>I can set a simple goal and decide how I might achieve it.</p> <p>I can explain the importance of teamwork.</p> <p>I can tell you how I felt when I succeeded in a new challenge and how I celebrated it</p>	<p>I understand the difference between being healthy/unhealthy.</p> <p>I know how to make healthy lifestyle choices.</p> <p>I know how to keep myself clean and healthy and understand how germs cause disease/illness.</p> <p>I understand that medicines can help me if I feel poorly and I know how to use them safely.</p> <p>I can tell you why I think my body is amazing.</p>	<p>I can identify the members of my family and know there are different family types</p> <p>I can identify what being a good friend means to me</p> <p>I know appropriate ways of physical contact to greet my friends.</p> <p>I know who can help me in my school community.</p> <p>I can recognise my qualities as person and a friend.</p> <p>I can tell you why I appreciate someone who is special to me.</p>	<p>I am starting to understand the life cycles of animals and humans.</p> <p>I can tell you some things about me that have changed and some things about me that have stayed the same.</p> <p>I can tell you how my body has changed since I was a baby.</p> <p>I can identify the parts of the body that make boys different to girls.</p> <p>I know some ways to cope with changes</p>
<b>Year 2</b>	<p>I can identify some of my hopes and fears for this year.</p> <p>I understand the rights and responsibilities for being a member of my class and school.</p> <p>I can help to make my class a safe and fair place.</p> <p>I can listen to other</p>	<p>I am starting to understand that sometimes people make assumptions about boys and girls.</p> <p>I understand that bullying is sometimes about difference.</p> <p>I can recognise what is right and wrong and know how to look after</p>	<p>I can choose a realistic goal and think about how to achieve it.</p> <p>I can persevere even when I find tasks difficult.</p> <p>I can recognise who it is easy or difficult for me to work with.</p> <p>I can work</p>	<p>I know what I need to keep my body healthy can show or tell you what relaxed means.</p> <p>I understand how medicines work in my body and how important it is to use them safely.</p> <p>I can sort foods into the correct food groups and know which foods my</p>	<p>I can identify the members of my family and my relationship with them.</p> <p>I understand that there are lots of forms of physical contact within a family.</p> <p>I can identify things that cause conflict with my friends.</p>	<p>I can recognise cycles of life in nature and the natural process of growing from young to old.</p> <p>I can recognise how my body has changed since I was a baby.</p> <p>I can recognise the physical differences between boys and girls,</p>

	<p>people and contribute my own ideas. I can recognise the choices I make and understand the consequences.</p>	<p>myself. I know some ways to make new friends. I can tell you some ways I am different from my friends.</p>	<p>cooperatively in a group. I can explain some of the ways I worked cooperatively to create the end product. I know how to share success with other people</p>	<p>body needs. I can decide which foods to eat to give my body energy. I can make some healthy snacks and explain why they are good for my body.</p>	<p>I understand that sometimes it is good to keep a secret and sometimes it is not. I recognise people who can help me in my family, school and community. I can appreciate the people in my special relationships.</p>	<p>and appreciate that some parts of my body are private. I can identify positive things about myself and my achievements. I can identify what I am looking forward to when I am in Year 3.</p>
<b>Year 3</b>	<p>I recognise my worth and can identify positive things about myself and my achievements. I can face new challenges positively, I make responsible choices and ask for help when I need it. I understand why rules are needed and how they relate to rights and responsibilities. I understand that my actions affect myself and others. I try to see things from other's points of view.</p>	<p>I understand that everybody's family is different and important to them. I understand that differences and conflicts sometimes happen in families. I know what it means to be a witness to bullying. I recognise that some words are used in hurtful ways. I can tell you about a time when my words affected someone's feelings.</p>	<p>I can tell you about a person who has faced difficult challenges and achieved success. I can identify a dream/ambition that is important to me. I can break down a goal into a number of steps. I can recognise obstacles which might hinder my achievement and can take steps to overcome them. I can evaluate my own learning process and identify how it can be better next time</p>	<p>I understand how exercise affects my body and know why my heart and lungs are such important organs. I can tell you my knowledge and attitude towards drugs. I can tell you some strategies for keeping myself safe including who to go to for help. I understand that some household substances can be harmful if not used correctly. I respect my body and appreciate what it does for me.</p>	<p>I can identify the roles and responsibilities of members of my family. I can identify and put into practice some of the skills of friendship. I know and can use some strategies for keeping myself safe. I can explain how some of the actions and work of people around the world help and influence my life. I understand how my needs and rights are shared by children around the world.</p>	<p>I understand that in animals and humans lots of changes happen between conception and growing up. I understand how babies grow and develop before birth I can identify how our bodies change on the outside and inside as I grow up. I can start to recognise stereotypical ideas about parenting and family roles. I can say what I am looking forward to in Year 4.</p>
<b>Year 4</b>	<p>I know my attitudes and actions make a difference to the class team. I understand who is in my school community, the roles they play and</p>	<p>I understand that, sometimes, we make assumptions based on what people look like. I know that sometimes bullying is hard to spot.</p>	<p>I understand that sometimes hopes and dreams do not come true and that this can hurt. I know that reflecting on positive</p>	<p>I can recognise how different friendship groups are formed and how I fit into them. I can recognise the changing dynamics in different groups.</p>	<p>I can identify the web of relationships that I am part of. I can identify someone I love and can express why they are special to me. I can tell you about</p>	<p>I understand that some of my personal characteristics have come from my birth parents. I can identify the internal and external</p>

	<p>how I fit in.</p> <p>I can take on a role in a group and contribute to the overall outcome.</p> <p>I understand that my actions affect myself and others.</p> <p>I care about other people's feelings and try to empathise with them.</p> <p>I understand how groups come together to make decisions.</p>	<p>I can tell you why witnesses sometimes join in with bullying and sometimes don't tell.</p> <p>I can identify what is special about me and value the ways in which I am unique.</p> <p>I can tell you a time when my first impression of someone changed when I got to know them.</p>	<p>and happy experiences can help me to counteract disappointment.</p> <p>I know how to make a new plan and set new goals even if I have been disappointed.</p> <p>I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group.</p>	<p>I understand the facts about smoking and alcohol and the effects on health, and some of the reasons some people start to smoke/drink.</p> <p>I can recognise when people are putting me under pressure and can explain ways to resist.</p> <p>I know myself well enough to have a clear picture of what I believe is right and wrong.</p>	<p>someone I know that I no longer see.</p> <p>I can explain different points of view on an animal rights issue.</p> <p>I understand how people feel when they love a special pet.</p> <p>I know how to show love and appreciation to the people and animals who are special to me.</p>	<p>parts of the body that are necessary for making a baby.</p> <p>I can identify changes that have been and may continue to be outside of my control.</p> <p>I can identify what I am looking forward to when I am in Year 5.</p>
<b>Year 5</b>	<p>I can face new challenges positively and know how to set personal goals.</p> <p>I understand my rights and responsibilities as a British citizen.</p> <p>I understand my rights and responsibilities as a member of my school.</p> <p>I understand how an individual's behaviour can impact on a group.</p> <p>I understand how democracy and having a voice benefits the school community and know how to participate in this.</p>	<p>I understand that cultural differences sometimes cause conflict.</p> <p>I understand what racism is .</p> <p>I understand how rumour-spreading and name-calling can be bullying behaviours.</p> <p>I can explain the difference between direct and indirect types of bullying.</p> <p>I understand that I will need money to help me achieve some of my dreams.</p>	<p>I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs.</p> <p>I can identify a job I would like to do when I grow up.</p> <p>I can describe the dreams and goals of young people in a different culture.</p> <p>I can encourage my peers to support young people here and abroad to meet their aspirations.</p>	<p>I know the health risks of smoking and alcohol.</p> <p>I can put into practice basic emergency aid procedures and know how to get help in an emergency situation.</p> <p>I understand how the media and celebrity culture promotes certain body types.</p> <p>I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy.</p>	<p>I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities.</p> <p>I can recognise how friendships change.</p> <p>I understand how it feels to be attracted to someone and what having a boyfriend/ girlfriend might mean.</p> <p>I understand how to stay safe when using technology to communicate with my friends.</p>	<p>I am aware of my own self-image.</p> <p>I understand the importance of looking after yourself physically and emotionally.</p> <p>I understand that sexual intercourse can lead to conception.</p> <p>I can identify what I am looking forward to about becoming a teenager and understand this brings responsibilities.</p> <p>I can identify what I am looking forward to when I am in Year 6.</p>
<b>Year 6</b>	<p>I can identify my goals and understand my fears and worries about the future.</p>	<p>I understand there are different perceptions about what normal means.</p>	<p>I know my learning strengths and can set challenging but realistic goals.</p>	<p>I know the impact of food on the body.</p> <p>I know about different types of drugs and their</p>	<p>I can identify the most significant people in my life so far.</p> <p>I know some of the</p>	<p>I am aware of my own self-image and how my body image fits into that.</p>

	<p>I know that there are universal rights for all children but for many children these rights are not met.</p> <p>I understand that my actions affect other people locally and globally.</p> <p>I can make choices about my own behaviour because I understand how rewards and consequences feel.</p> <p>I understand how democracy and having a voice benefits the school community.</p>	<p>I can explain some of the ways in which one person or a group can have power over another.</p> <p>I know some of the reasons why people use bullying behaviours.</p> <p>I can give examples of people with disabilities who lead amazing lives.</p> <p>I can explain ways in which difference can be a source of conflict and a cause for celebration.</p>	<p>I can work out the learning steps I need to take to reach my goal and understand how to motivate myself.</p> <p>I can identify problems in the world that concern me and talk to other people about them.</p> <p>I can work with other people to help make the world a better place.</p> <p>I know what some people in my class like or admire about me and can accept their praise.</p>	<p>uses and their effects on the body.</p> <p>I can evaluate when alcohol is being used responsibly, anti-socially or being misused.</p> <p>I know and can put into practice basic emergency aid procedures and know how to get help in emergency situations.</p> <p>I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness.</p> <p>I can recognise when I feel stressed and the triggers that cause this.</p>	<p>feelings we have when someone dies or leaves.</p> <p>I understand that there are stages of grief and there are different types of loss.</p> <p>I can recognise when people are trying to gain power or control.</p> <p>I understand how technology can be used to try to gain power or control and I can use strategies to prevent this from happening.</p> <p>I can use technology positively and safely to communicate with my friends and family.</p>	<p>I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.</p> <p>I can describe how a baby develops and how it is born.</p> <p>I understand how being physically attracted to someone changes the nature of the relationship.</p> <p>I can identify what I am looking forward to and what worries me about the transition to secondary school.</p>
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