



Personal, Social, Health Education (PSHE) Curriculum Overview 2026-2027

PSHE Curriculum Intent

Statement:

All schools must provide a curriculum that is broadly based, balanced and meets the needs of all pupils. Under section 78 of the Education Act 2002 and the Academies Act 2010, a PSHE curriculum:

- *Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and*
- *Prepares pupils at the school for the opportunities, responsibilities and experiences of later life.*
- *Educates pupils in aspects of Relationship and Sex Education (RSE)*
- *Promotes the Fundamental British Values*

At Wheatlands Primary School we value PSHE as one way to support children's development as human beings, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning. Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.

Intent

Our aim is to encourage our pupils to play a positive role in contributing to the life of the school and the wider community. In so doing we help them foster their sense of belonging and self-worth and develop a curiosity and thirst for knowledge. Through careful planning, a whole school approach and the support of Jigsaw PSHE, we have developed a curriculum where our children are at the centre. The children learn how society is organised and governed and how we can implement those ideas through school through the process of democracy. The children develop a knowledge of their rights and responsibilities, and they learn to appreciate what it means to be a positive member of a diverse multicultural society. We encourage them to foster a pride in their local heritage and an interest and curiosity about their surrounding community and where they belong in that community.

At Wheatlands, we are fully committed to providing high quality learning at the heart of our school community. It is our intention to provide pupils with a range of exciting learning opportunities, both in and outside the classroom, with the support of our local community, which enable them to develop the attitudes and skills necessary for them to grow into responsible, happy and productive individuals and citizens.

Age Group	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 3-5	Self-identity	Identifying talents	Challenges	Exercising bodies	Family life	Bodies
	Understanding feelings	Being special	Perseverance	Physical activity	Friendships	Respecting my body
	Being in a classroom	Families	Achieving and setting goals	Healthy food	Breaking friendships	Growing up
	Being gentle	Where we live	Overcoming obstacles	Sleep	Falling out	Growth and change
	Rights and responsibilities	Making friends Standing up for yourself	Seeking help Jobs	Keeping clean Safety	Dealing with bullying Being a good friend	Fun and fears Celebrations
Ages 5-6	Feeling special and safe	Similarities and differences	Setting goals	Keeping myself healthy	Belonging to a family	Life cycles – animal and human
	Being part of a class		Identifying successes and achievements	Healthier lifestyle choices	Making friends/being a good friend	Changes in me
	Rights and responsibilities	Understanding bullying and knowing how to deal with it	Learning styles	Keeping clean	Physical contact preferences	Changes since being a baby
	Rewards and feeling proud	Making new friends	Working well and celebrating achievement with a partner	Being safe	People who help us	Differences between female and male bodies (correct terminology)
	Consequences	Celebrating the differences in everyone	Tackling new challenges	Medicine safety/ safety with household items	Qualities as a friend and person	Linking growing and learning
	Owning the learning charter		Identifying and overcoming Obstacles Feelings of success	Road safety Linking health and happiness	Self-acknowledgement Being a good friend to myself Celebrating special relationships	Coping with change Transition

Ages 6-7	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Celebrating difference and remaining friends	Achieving realistic goals Staying healthy to achieve goals Perseverance and strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Healthy eating and nutrition Safety in the home Safety out and about Medicines	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
Ages 7-8	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning Processes Contributing to the community Managing feelings	Exercise Food labelling and healthy swaps Attitude towards drugs Keeping safe online and offline Respect for myself and others Healthy and safe choices outdoors Water safety Asking for help	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Media influence Being a global citizen How my choices affect others Awareness of other children's different lives	How babies grow Outside body changes Inside body changes Personal hygiene Family stereotypes Challenging my ideas Preparing for transition

			Simple budgeting		Expressing appreciation for family and friends	
Ages 8-9	Being part of a class team	Challenging assumptions	Hopes and dreams	Healthier friendships	Jealousy	Being unique
	Being a school citizen	Judging by appearance	Overcoming disappointment	Peer influences	Love and loss	Girls and puberty
	Rights, responsibilities and democracy (school council)	Accepting self and others	Creating new, realistic dreams	Railway safety	Memories of loved ones	Being part of a family
	Rewards and consequences	Understanding influences	Achieving goals	Staying safe with friends	Falling Out	Confidence in change
	Group decision-making	Understanding bullying	Working in a group	Smoking	Girlfriends and Boyfriends	Accepting change
	Having a voice	Problem-solving	Celebrating contributions	Alcohol and vaping	Showing appreciation to people and animals	Preparing for transition
	What motivates behaviour	Identifying how special and unique everyone is	Resilience	Assertiveness		Environmental change
		First impressions	Positive attitudes	Peer pressure		
				Celebrating inner strength		
Ages 9-10	Planning the year ahead	Cultural differences and how they can cause conflict	Future dreams	Smoking including vaping	Self-recognition and self-worth	Self- and body image
	Being a citizen		Spending, saving and the value of money	Alcohol and vaping	Building self-esteem	Influence of online and media on body image
	Rights and responsibilities	Racism	Jobs and careers	Alcohol and anti-social behaviour	Safer online communities	Puberty for girls
	Rewards and consequences	Rumours and name-calling	Dream job and how to get there	Emergency aid	Rights and responsibilities online	Puberty for boys
	How behaviour affects groups	Types of bullying	Goals in different cultures	Body image	Online gaming and risks	Conception (including IVF)
		Materials wealth and Happiness		Relationships with food	Reducing screen time	

	Democracy, having a voice, participating	Enjoying and respecting other cultures	Supporting others (charity) Motivation	Healthy choices Motivation and behaviour	Dangers of online grooming Internet safety rules	Growing responsibility Coping with change Preparing for transition
Ages 10-11	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation including 'County lines' and gang culture Emotional and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Self-image Body-image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition