

## PSHE Overview: Summer term 2026

<b>Year 1</b>		
	<b>Topic area</b>	<b>Learning Objectives</b>
1	Looking after myself	To reflect on things I can do for myself to look after my body and which things I am learning to do. (Keeping healthy; food and exercise, hygiene routines.)
2	Emotional Wellbeing	To consider different kinds of feelings. To know how to recognise feelings in myself and others and that feelings can affect behaviour. To understand at times all people will feel sad. (Managing when things go wrong, loss and bereavement pets)
3		To name a couple of strategies and behaviours that support health: physical and mental wellbeing
4	The Environment	To know how to look after the environment in the forest and on the beach.
5	Importance of Play	To consider how play can keep people healthy, both mentally and physically.
6	Community	To know why rules are needed.
7	Celebrating	To celebrate personal and whole school achievements.

<b>Year 2</b>		
	<b>Topic area</b>	<b>Learning Objectives</b>
1	Want and Needs	To understand the difference between a 'need' and a 'want', and that different people will have different opinions. Justify some 'need' v 'want' decisions, thinking about what is more important.
2	Lost and Found	To make and explain moral decisions around lost or found money and personal items. To consider how my view may depending on the amount and consequences involved (and understand the law is the same for all amounts.)
3	Understanding our Bodies	To recognise the main stages of the human life cycle (baby, child, adult). To identify ways we are more independent now than when we were younger. To describe our feelings about growing and changing.
		To explain that all bodies are different. To say what is brilliant about my body. To explain what to do if someone says mean things about someone's body. To describe how to get help.
		To describe gender similarities and differences between ourselves and others. To reflect on simple stereotypes about boys and girls. To recognise and use the correct names for main parts of the body.
4	Keeping safe	Keeping healthy; medicines and keeping healthy; how rules and age restrictions help us; learn how to help keep themselves safe in familiar and unfamiliar environments, such as in school, online and 'out and about' To identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from danger Learn about things that people can put into their body or onto their skin (e.g. medicines and creams) and how these can affect how people feel
		Safety in different environments; risk and safety at home; emergencies How to recognise risk in everyday situations, e.g. road, water and rail safety, medicines How to help keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products. How to respond if there is an accident and someone is hurt Learning about whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say
5	Dental Health	To recognise who can help with keeping teeth healthy and what we can do ourselves.
6	Emotions of Change	To recognise that change can create different feelings. To know who to ask for help when I move up to Lower Prep.

<b>Year 3</b>		
	<b>Topic area</b>	<b>Learning Objectives</b>
1	Saving	To know what saving means. To reflect on what it means to save and why.
2	Rights and Responsibilities	To be able to explain basic human rights. To evaluate how I should be responsible at home and at school.
3	Healthy Lifestyle	To know the choices you can make to have a healthy lifestyle. To know how the school nurse can help me and the community I am part o.f To recognise how habits can have a positive and negative impact on a healthy lifestyle. To be able to create a healthy meal. To understand the importance of water.
4	Summer Safety	To be able to explain how to stay safe from the sun. To know how to stay safe from bites and bee stings.
5	Emotional Wellbeing	To know the choices I make have an impact on others.
6		To know strategies and behaviours that support health: physical and mental wellbeing.
7	Celebration	To celebrate personal and whole school achievements.

<b>Year 4</b>		
	<b>Topic area</b>	<b>Learning Objectives</b>
1	Saving Energy	To know that wasting energy costs money. To identify some ways in which energy is wasted at home. To list some ways they can help to save energy at home.
2	Economic Education	Name some examples of when people may wish to borrow money. Know the meaning of some key terms including loan, debt, interest rate, loan shark and payday loan. Know that some loan options (payday loans and loan sharks) are more costly and riskier than other options.
3	Health Education	To know what asthma means. To reflect on how to help in an emergency. To know how to deal with a head injury. To know how to make a clear call to emergency services – including on a smartphone.
4	Growing Bodies	To know about the process of growing from birth to old age. To be able to tell at least one brilliant thing about my body. To explain which parts of the body particularly need to be kept clean as we get older. To know how to look after my teeth
5	Importance of Physical Activity	To be able to explain what it means to be physically active and different types of physical activity. To describe the benefits of physical activity on body (physical health) and mind (mental health). To explain the importance of healthy habits and balancing different types of activities. To identify opportunities to be physically active throughout the day and week. Explain how to seek support and advice in relation to physical activity.
6	Sleep	To explain why sleep is important for a healthy lifestyle. To describe bedtime routines that help improve sleep. To identify how sleep patterns and needs might change.
7	Loss	To consider feelings of loss
8	Reflection	To reflect on Year 3 and look forward to the next school year

<b>Year 5</b>		
	<b>Topic area</b>	<b>Learning Objectives</b>
1	Peer Pressure	To know how to say no to something I don't want to do. To be able to explain what peer pressure is.
2	Discrimination and equality	To be able to describe discrimination; explain that groups of people are protected by the Equality Act and describe ways to challenge prejudice and discriminatory behaviour.
3	Legal Drugs	To consider the legal drugs you find in the home and at school. To consider the dangers of legal drugs in the home and at school.
4	Risks of Smoking and Vaping	To consider the dangers of smoking/vaping.
5	Risks of Alcohol	To consider the dangers of alcohol.
6	Looking After Me	To support my own and others' health: physical and mental wellbeing. To consider how to be safe and healthy.
7		To describe what is meant by a healthy, balanced lifestyle. To identify the key factors that contribute to a healthier lifestyle. Explain the benefits of living a balanced lifestyle. Recognise some of the challenges to leading a balanced lifestyle and describe how people can manage these, including seeking support.
8	Managing Transition	To be able to identify feelings people might experience when starting / moving to Upper Prep. To recognise common causes of worry, challenges and opportunities that may be part of this transition. To identify and evaluate the usefulness and reliability of different sources of support and information available; explaining how to access them. To identify ways to positively manage the move to Upper Prep.

<b>Year 6</b>		
	<b>Topic area</b>	<b>Learning Objectives</b>
1	Sources of Help	To identify who can help us and consider the pros and cons of different sources of help and information.
2	Medicine Health	To know how medicines contribute to health, and how to use them responsibly and safely
3	The importance of Age Ratings	<ul style="list-style-type: none"> <li>To recognise the different symbols related to the age ratings for films.</li> <li>To explain why we have age ratings for films and to evaluate which types of films are most suitable for different age groups.</li> <li>To explain how age ratings can help people make decisions about whether to watch a particular film</li> </ul>
4	Emotions of Films	To describe how film content can evoke a range of feelings and responses in different people. To demonstrate how to handle feeling pressure to watch something they are unsure about. To explain where and how to get help or advice about films and the media.
5	Decoding the News	To know what to do if someone is feeling upset or worried about a news story. To understand what fake news is and how to manage your response.
6	Importance of Play	To recognise the importance of play for their own and other's mental health. NSPCC Childhood Day.
7	Digital Wellbeing	To explain and recognise what Digital Wellbeing means and how it impacts daily life. Consider strategies and sources of help to manage digital wellbeing.
8	Personal Qualities	To recognise and build on personal qualities. To understand it is ok to try new things.
9	Celebrating Others	To understand the importance of recognising and celebrating each others' achievements
10	Reflection	To reflect on PSHE learning from throughout the year.

Year 7		
	Topic area	Learning Objectives
1	Importance of Sleep	To recognise how important sleep is for both physical and mental wellbeing. To consider strategies for healthy sleep.
2	Importance of Play	To reflect on the positive impact of play on health: both physical and mental wellbeing.
3	Introduction to British Politics and its effects on daily life	<ul style="list-style-type: none"> <li>To recognise the main parties that represent the UK in Parliament and to explore what makes a good political party.</li> <li>To understand the impact politics has on every day life.</li> <li>To explore the history of the UK Parliament.</li> <li>To evaluate why it's better to live in a democracy rather than a dictatorship</li> </ul>
4	Economic Wellbeing	<ul style="list-style-type: none"> <li>To identify and evaluate different ways to manage my finances.</li> <li>To understand how debt can effect everyone. To look at ways to protect themselves from getting in to debt.</li> <li>To understand how fraud can effect everyone. To look at ways to protect themselves from fraud. To understand what identity fraud is.</li> </ul>
5	First Aid	Basic 1 <sup>st</sup> Aid Course with school nurse
6	Reflection	To reflect on PSHE learning from throughout the year

Year 8		
	Topic area	Learning Objectives
1	Body Image	To understand what body image is. To explore what impacts body image and the effect it has. To understand ways someone can improve their own or a friend's self-esteem.
2	UK Justice System	<ul style="list-style-type: none"> <li>To understand the UK court system</li> <li>To explain the types of punishments available in the UK.</li> <li>To understand the different theories behind punishing offenders.</li> <li>To recognise the age of legal responsibility.</li> <li>To evaluate whether prison is an effective form of punishment for our society. To evaluate how we support Britians' prision community.</li> </ul>
3	Careers Education	<ul style="list-style-type: none"> <li>To review their personal skills.</li> <li>To reflect on the changing job market</li> <li>To know the purpose of a CV and how to create one</li> </ul>
	Transition and change	To identify key points of transition. To consider transition into Senior School.
4	Stress Management	<ul style="list-style-type: none"> <li>To understand what stress is</li> <li>To know how to recognise stress</li> <li>To identify key coping strategies for stress including the 5 ways to wellbeing</li> <li>To identify sources of support</li> </ul>
5	Reflection	To reflect on PSHE learning from throughout the year

Year 9		
	Topic area	Learning Objectives
1	Understanding Human Rights	To define what human rights are and to explore how human rights came about. To evaluate how we can protect Human Rights in the modern world. Understand what is meant by modern day slavery. To consider online rights
2	Fair Trade	<ul style="list-style-type: none"> <li>To identify how Fair Trade supports developing countries and their farmers. To understand the importance of being an ethical consumer.</li> </ul>
3	Prejudice, Discrimination and Protected Characteristics	<ul style="list-style-type: none"> <li>To recognise different types of stereotypes, prejudice and discrimination and consider how to challenge them.</li> <li>Understand what is meant by bias.</li> <li>To understand how to be an active bystander.</li> <li>To identify protected characteristics.</li> <li>To reflect on equality within the Ballard community</li> </ul>
4	British Values	<ul style="list-style-type: none"> <li>To define the different British values.</li> <li>To understand the importance of promoting British values.</li> <li>To understand where our sense of identity comes from and why it is important to have a sense of belonging.</li> <li>Exploring Britishness and British Values.</li> </ul>
5	Gangs and Knife Crime	To understand the causes behind the rise in knife crime in the UK. To explore how to prevent young people from picking up and carrying a knife. To evaluate the real risks to those that carry knives and their families and friends. To know the legal and physical risks of carrying a knife.
6	Reflection	To reflect on PSHE learning from throughout the year.

Year 10		
	Topic area	Learning Objectives
1	Emotional Wellbeing	To differentiate between healthy and unhealthy coping strategies and recognise the importance of using healthy ways to manage emotions. To evaluate a range of ways to promote mental and emotional wellbeing. To critique the reliability of sources of support in relation to mental health.
2	Radicalisation and Extremism	<ul style="list-style-type: none"> <li>To understand how the radicalisation process works.</li> <li>To explore the different methods used by extremist groups to spread their ideologies.</li> <li>To understand what can be done to prevent pupils and others from being susceptible to radicalisation.</li> <li>To understand what a conspiracy theory is and to explore why conspiracy theories and extremist narratives are interlinked</li> <li>To evaluate why conspiracy theories can be damaging to society.</li> </ul>
3	Community Identity	To reflect on what it means to be a member of a community and the different roles you can undertake. To consider how giving back to the school community can benefit both you and the wider community.
4	The Path Ahead	To learn about the courses available at Sixth Form; A-Levels, BTECs and apprenticeships. To learn about the skills that employers are looking for and to identify when you have used these skills. To evaluate individual strengths and interests in relation to career development.  To know rights and responsibilities in the workplace and have considered strategies for overcoming challenges or adversity including: <ul style="list-style-type: none"> <li>how to manage practical problems and health and safety.</li> <li>recognising when others are using manipulation, persuasion or coercion and how to respond.</li> <li>knowing the roles and responsibilities of employees, employers and union.</li> <li>considering importance of confidentiality in the workplace</li> </ul>
	Economic Wellbeing	To know how to be a critical consumer of goods and services (including financial services) and recognise the wider impact of their purchasing choices.

	Reflection	To reflect on PSHE learning from throughout the year.
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Year 11		
	Topic area	Learning Objectives
1	Festival Safety	To understand how to stay safe at a festival or a party and to consider the risks associated with drugs. To evaluate whether drug testing tents at festivals will reduce drug related deaths at festivals.
2	Pregnancy Options and Parenting	<ul style="list-style-type: none"> <li>• To recap ways to promote sexual health and prevent unplanned pregnancy</li> <li>• To understand how fertility changes over time and the different routes to becoming a parent</li> <li>• To identify the possible outcomes in the event of an unplanned pregnancy</li> <li>• To understand the law relating to abortion</li> <li>• To recognise that miscarriage can occur</li> <li>• To know how to access reliable and impartial support</li> </ul>
3	Reflection	To reflect on PSHE learning from throughout the year.