



EWELL GROVE PRIMARY AND NURSERY SCHOOL
Whole School PSHE Overview 2025 - 26



	Autumn 1a	Autumn 1b	Spring 2a	Spring 2b	Summer 3a	Summer 3b
	All About Me	Healthy Body and Mind	Living in the wider world	Health and wellbeing	Community	Health and wellbeing
Sports value	Inspiration	Respect	Equality	Friendship	Determination and courage	Excellence
British value	Rule of law / Democracy	Individual Liberty	Tolerance	Mutual Respect	Rule of Law	Individual Liberty / Mutual Respect
Themes	Managing Feelings / Zones of Regulation	Keeping Active balanced diet	Looking after the world	Being kind and caring / Self Respect	Community / Roles within / Caring community	Hygiene routines: Drs, washing hands, baths
	Ourselves / Being unique / Personal Identity (KS2)	Keeping Healthy / balanced diet	Economic Well-being	Making relationships / Relationships with others	Rights and Responsibilities / Human Rights	Oral Hygiene: Dentist, brushing teeth
	Positive Qualities	Mental Health and wellbeing Importance of sleep	Spending vs Saving / Needs vs Wants	Healthy, positive relationships / Personal boundaries	Rules / Golden Rules / Laws	Managing change – moving home, loss, bereavement
	Respect and Diversity	Identifying and managing feelings	Career Aspirations	Resolving conflict / maintaining friendships	Fairness and Equality Diversity	Transition – new class, school, secondary school
	Setting Simple goals	Our Bodies Puberty – Year 5 (Nurses visit)	Stereotypes – Jobs / careers	Anti-bullying / bullying / cyber bullying	Global Citizen / Online Citizen	Sex and Relationships: Reproduction – Year 6 (Nurses visit)
	Establishment phase	Establishment phase	Establishment phase	Establishment phase	Establishment phase	Establishment phase
Golden Rule	Golden rules	We listen	We look after property	We are kind and helpful We are gentle	We are honest	We work hard
Safety	Safety around the school	Road safety Bikeability (Yr 6) Fireworks Safety (Fire Talks: Yr 2 & 5) Pants Rule	e-safety / Digital Wellbeing Stranger danger	Railway Safety Water Safety Bikeability (Yr 4)	First Aid Workshop Sun Safety Feet First (Walking – Year 3)	e-safety Pants Rule Safety at home & away (including medicines, alcohol and drugs).