








PSHE Overview 2024-2025



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception 	Self-regulation: My Feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self regulation: Listening and following instructions	Building relationships: My family and Friends.	Managing self: My wellbeing
KS1  Cycle A	Families and Relationships (8 weeks)	Complete Families and Relationships Health and Wellbeing (8 weeks)	Complete Health and Wellbeing Citizenship (6 weeks)	Complete Citizenship Safety and the changing body (9 weeks)	Complete Safety and the changing body	Economic wellbeing (5 weeks) and Transition(1 week)
KS1  Cycle B	Families and Relationships (8 weeks)	Complete Families and Relationships Health and Wellbeing (7 weeks)	Complete Health and Wellbeing Citizenship (7 weeks)	Complete Citizenship Safety and the changing body (9 weeks)	Complete Safety and the changing body	Economic wellbeing (5 weeks) and Transition(1 week)
LKS2  Cycle A	Families and Relationships (9 weeks)	Complete Families and Relationships Health and Wellbeing (8 weeks)	Complete Health and Wellbeing Citizenship (6 weeks)	Complete Citizenship Safety and the changing body (8 weeks)	Complete Safety and the changing body	Economic wellbeing (5 weeks) and Transition(1 week)
LKS2  Cycle B	Families and Relationships (9 weeks)	Complete Families and Relationships Health and Wellbeing (8 weeks)	Complete Health and Wellbeing Citizenship (6 weeks)	Complete Citizenship Safety and the changing body (8 weeks)	Complete Safety and the changing body	Economic wellbeing (5 weeks) and Transition(1 week)