

## Alderwood KS2 Haven PSHE Curriculum Overview 2025/26

### Overview of LKS2 units of study

Term	Subject Content	Core Knowledge
Autumn 1	Health and Wellbeing (mental and physical wellbeing)	<ul style="list-style-type: none"> <li>• Expectations within PSHE lessons</li> <li>• Growth mindset</li> <li>• Bullying</li> <li>• Physical activity</li> </ul>
Autumn 2	Health and Wellbeing (mental and physical wellbeing)	<ul style="list-style-type: none"> <li>• Mental and physical wellbeing</li> <li>• Dental hygiene</li> <li>• Sleep</li> <li>• Hygiene and limiting the spread of illness</li> </ul>
Spring 1	Health and Wellbeing (basic first-aid) Life Skills (financial literacy) Relationships (families)	<ul style="list-style-type: none"> <li>• How to respond in an emergency scenario</li> <li>• The value of money</li> <li>• Budgeting</li> <li>• Healthy family life</li> <li>• Marriage and civil partnerships</li> </ul>
Spring 2	Relationships (families, friendships, respectful relationships, online relationships and e-safety)	<ul style="list-style-type: none"> <li>• Safe and happy family relationships</li> <li>• Healthy friendships</li> <li>• Resolving friendship issues</li> <li>• Sharing information online</li> <li>• Age restrictions online</li> </ul>
Summer 1	Relationships and sex education (safety and e-safety)	<ul style="list-style-type: none"> <li>• Positive and negative impact of time spent online</li> <li>• Body parts</li> <li>• Appropriate and inappropriate touch</li> <li>• puberty</li> </ul>
Summer 2	Relationships (respectful relationships) Life Skills (Careers)	<ul style="list-style-type: none"> <li>• Discrimination</li> <li>• Stereotypes</li> <li>• Aspirations</li> <li>• Careers</li> </ul>

### Overview of UKS2 units of study

Term	Theme and Focus	Content
Autumn 1	Health and Wellbeing (mental and physical wellbeing) Life Skills (careers)	<ul style="list-style-type: none"> <li>• Expectations within PSHE lessons</li> <li>• Feelings</li> <li>• Growth mindset</li> <li>• Mental Wellbeing</li> <li>• Aspiration</li> </ul>

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Autumn 2	Health and Wellbeing (mental and physical wellbeing)	<ul style="list-style-type: none"> <li>• Mental and physical wellbeing</li> <li>• Bereavement and loss</li> <li>• Physical exercise</li> <li>• Bullying</li> </ul>
Spring 1	Health and Wellbeing (mental and physical wellbeing) Relationships (families, friendships and respectful relationships)	<ul style="list-style-type: none"> <li>• Positive body image</li> <li>• Healthy family life</li> <li>• Friendships</li> <li>• Respectful relationships</li> </ul>
Spring 2	Relationships (respectful relationships and online relationships) Health and Wellbeing (health and prevention,	<ul style="list-style-type: none"> <li>• Stereotypes</li> <li>• Healthy eating</li> <li>• Dental hygiene</li> <li>• Sleep</li> <li>• Immunisations</li> <li>• Online behaviour</li> </ul>
Summer 1	Relationships (online relationships and e-safety) Health and Wellbeing (first-aid) Life Skills (financial literacy)	<ul style="list-style-type: none"> <li>• Gaming</li> <li>• Social media</li> <li>• Reporting abuse</li> <li>• Basic first-aid</li> <li>• Gambling and the risks of gambling</li> </ul>
Summer 2	Relationships and sex education (respectful relationships) Life Skills (Careers)	<ul style="list-style-type: none"> <li>• Puberty</li> <li>• Alcohol and drugs</li> <li>• Careers</li> <li>• Transitions</li> </ul>