

Alderwood KS2 Traded 2 Springboard 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"> • Expectations within PSHE lessons • Growth mindset • Bullying • Physical activity
Autumn 2	Health and Wellbeing (mental and physical wellbeing)	<ul style="list-style-type: none"> • Mental and physical wellbeing • Dental hygiene • Sleep • Hygiene and limiting the spread of illness
Spring 1	Health and Wellbeing (basic first-aid) Life Skills (financial literacy) Relationships (families)	<ul style="list-style-type: none"> • How to respond in an emergency scenario • The value of money • Budgeting • Healthy family life • Marriage and civil partnerships
Spring 2	Relationships (families, friendships, respectful relationships, online relationships and e-safety)	<ul style="list-style-type: none"> • Safe and happy family relationships • Healthy friendships • Resolving friendship issues • Sharing information online • Age restrictions online
Summer 1	Relationships and sex education (safety and e-safety)	<ul style="list-style-type: none"> • Positive and negative impact of time spent online • Body parts • Appropriate and inappropriate touch • puberty
Summer 2	Relationships (respectful relationships) Life Skills (Careers)	<ul style="list-style-type: none"> • Discrimination • Stereotypes • Aspirations • Careers

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"> • Expectations within PSHE lessons • Feelings • Growth mindset • Mental Wellbeing • Aspiration

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