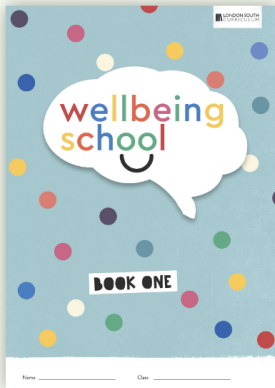
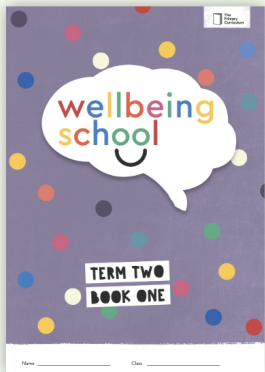
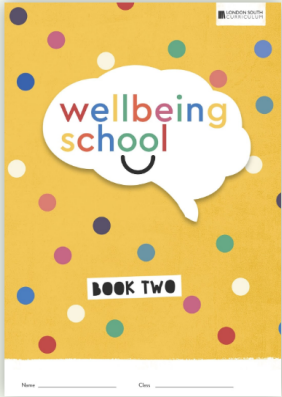
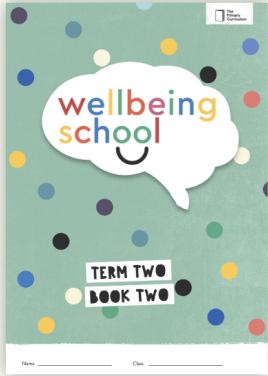


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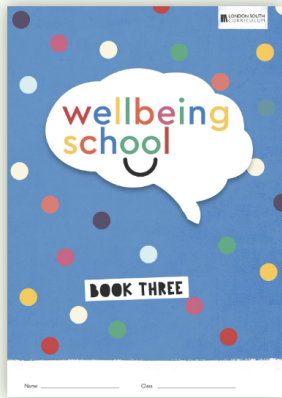
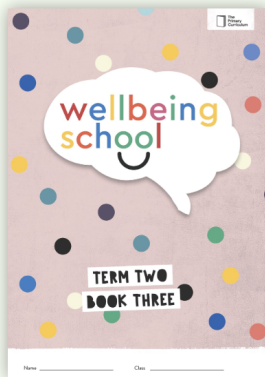
An overview of our PHSE curriculum aligned with Camden's PSHE scheme with bespoke Wellbeing added to this as enrichment.

	<u>Autumn</u>		<u>Spring</u>		<u>Summer</u>	
Y1 PSHE	<u>Relationships</u> Who is special to us? Families and friendships	<u>Health and Wellbeing</u> What helps us stay healthy? Physical health and mental wellbeing	<u>Living in the Wider World</u> How can we look after each other and the world? Belonging to a community and caring for others	<u>Relationships</u> What is the same and different about us? Safe relationships	<u>Health and Wellbeing</u> Who helps to keep us safe? Keeping safe	<u>Living in the Wider World</u> What can we do with money? Money and work
Y1 Wellbeing	 <u>Book One</u> All About Me What are emotions? Feeling Cheerful Feeling Glum Feeling Angry Feeling Calm Understanding My Emotions			 <u>Term Two Book One</u> What Makes Us Happy? > Feeling Surprised > Feeling Startled > Feeling Disappointed > Feeling Comfortable > Understanding my Emotions >		
	<u>Autumn</u>		<u>Spring</u>		<u>Summer</u>	
Y2 PSHE	<u>Relationships</u> What makes a good friend?	<u>Health and Wellbeing</u> What helps us to stay safe?	<u>Relationships</u> What is bullying? Safe relationships	<u>Health and Wellbeing</u> What can help us grow and stay	<u>Living in the Wider World</u> What jobs do people do?	<u>Health and Wellbeing</u> How do we recognise our feelings?

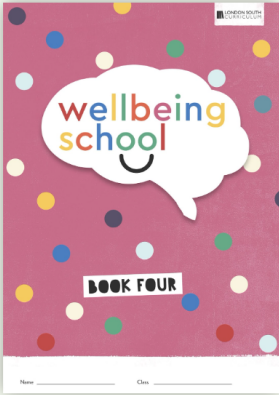
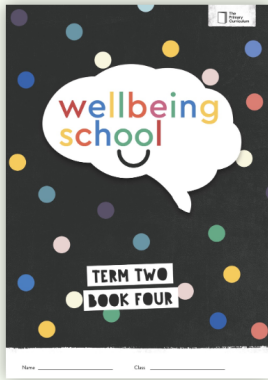
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	Families and friendships	Keeping safe		healthy? Physical health and mental wellbeing	Money and work	Physical health and mental wellbeing
Y2 Wellbeing	 Book Two - All About Me - What are Emotions? - Feeling Excited - Feeling Frustrated - Feeling Bored - Feeling Peaceful - Understanding My Emotions			 Term Two Book Two - Revisit the Feelings Wheel > - Know Your Triggers > - Spot the Trigger > - How Does it Feel for You? > - Take a Power Pause! > - Know Yourself > - Picturing My Best Self > - What a Power Pause Looks Like to You > - Me, Myself and I >		
Y3 PSHE	<u>Autumn</u>		<u>Spring</u>		<u>Summer</u>	
	<u>Relationships</u> How can we be a good friend? Safe relationships	<u>Health and Wellbeing</u> What do we mean by risk and boundaries? Keeping safe	<u>Relationships</u> What are families like? Families and friendships	<u>Health and Wellbeing</u> How do we make good choices? Physical health and mental wellbeing	<u>Living in the Wider World</u> What makes a community? Belonging to a community and caring for others	<u>Health and Wellbeing</u> Why should we keep active and sleep well? Physical health and mental wellbeing

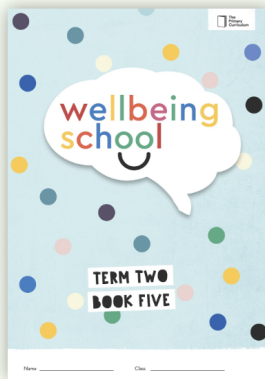
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Y3 Wellbeing	 Book Three All About Me What are Emotions? Feeling Joyful Feeling Furious Feeling Jealous Feeling Relaxed Understanding my Emotions			 Term Two Book Three What are emotions? > Know Your Triggers > Spot the Trigger > Strength of Feeling > Take a Power Pause > Know Yourself > My Best Self > What a Power Pause Looks Like to You > Me, Myself and I >		
Y3 Life Skills	<u>Social Skills</u> LS: Fairness & Trust PE: Gratitude & Empathy	<u>Social Skills</u> LS: Communication & Co-operation PE: Respect & Encouragement	<u>Emotional Skills</u> LS: Resilience & Self-belief PE: Honesty & Courage	<u>Emotional Skills</u> LS: Responsibility & Self-motivation PE: Integrity & Self-discipline	<u>Thinking Skills</u> LS: Concentration & Imagination PE: Curiosity & Resourcefulness	<u>Thinking Skills</u> LS: Problem-solving & Decision-making PE: Evaluation & Reflection
Y4 PSHE	<u>Autumn</u>		<u>Spring</u>		<u>Summer</u>	
	<u>Living in the Wider World</u> What strengths, skills and interests do we have? Belonging to a community and caring for others	<u>Relationships</u> How do we treat each other with respect? Safe relationships	<u>Health and Wellbeing</u> How do we identify and manage our feelings? Physical health and mental wellbeing	<u>Health and Wellbeing</u> How do we change as we grow older? Physical health and mental wellbeing	<u>Living in the Wider World</u> How can our choices make a difference to others and the environment? Belonging to a community and caring for others	<u>Health and Wellbeing</u> How can we manage risk well? Keeping safe

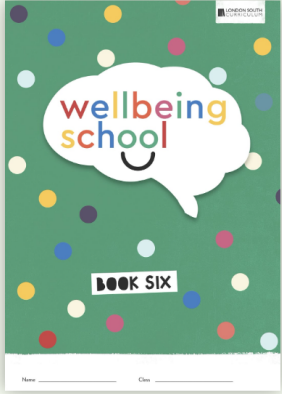
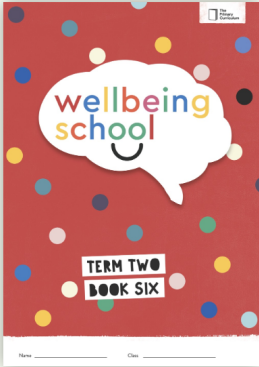
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Wellbeing	 Book Four - All About Me - Understanding my Emotions - Feeling Motivated - Fear and Anxiety - Feeling Worried - Feeling Satisfied - Understanding my Emotions			 Term Two Book Four - Revisit the Feelings Wheel > - Me and My Emotions > - Identify the Trigger > - Strength of Feeling > - Take a Power Pause > - Know Yourself > - My Best Self > - What a Power Pause Looks Like to You >		
Y4 Life Skills	<u>Social Skills</u> LS: Fairness & Trust PE: Gratitude & Empathy	<u>Social Skills</u> LS: Communication & Co-operation PE: Respect & Encouragement	<u>Emotional Skills</u> LS: Resilience & Self-belief PE: Honesty & Courage	<u>Emotional Skills</u> LS: Responsibility & Self-motivation PE: Integrity & Self-discipline	<u>Thinking Skills</u> LS: Concentration & Imagination PE: Curiosity & Resourcefulness	<u>Thinking Skills</u> LS: Problem-solving & Decision-making PE: Evaluation & Reflection
Y5 PSHE	<u>Autumn</u>		<u>Spring</u>		<u>Summer</u>	
	<u>Health and Wellbeing</u> What makes up a person's identity? Physical health and mental wellbeing	<u>Living in the Wider World</u> What decisions can people make with money? Money and work	<u>Health and Wellbeing</u> How can drugs common to everyday life affect health? Keeping safe	<u>Relationships</u> How can we communicate safely? Safe relationships	<u>Health and Wellbeing</u> How do I change as I grow? Puberty and changes	

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Y5 Wellbeing	 Book Five - All About Me - Understanding my Emotions - Feeling Aspirational - Feeling Anxious - Feeling Embarrassed - Feeling Grateful - Understanding my Emotions			 Term Two Book Five - What are Emotions? > - Know Your Triggers > - Identify the Trigger > - Strength of Feeling > - Take a Power Pause > - Term Two Book Five L6 > - Know Yourself > - My Best Self > - What a Power Pause Looks Like to You >		
Y5 Life Skills	<u>Social Skills</u> LS: Fairness & Trust PE: Gratitude & Empathy	<u>Social Skills</u> LS: Communication & Co-operation PE: Respect & Encouragement	<u>Emotional Skills</u> LS: Resilience & Self-belief PE: Honesty & Courage	<u>Emotional Skills</u> LS: Responsibility & Self-motivation PE: Integrity & Self-discipline	<u>Thinking Skills</u> LS: Concentration & Imagination PE: Curiosity & Resourcefulness	<u>Thinking Skills</u> LS: Problem-solving & Decision-making PE: Evaluation & Reflection
Y6 PSHE	<u>Autumn</u>		<u>Spring</u>		<u>Summer</u>	
	<u>Health and Wellbeing</u> How do we keep healthy as we grow? Physical health and wellbeing	<u>Living in the Wider World</u> How can the media influence people? Belonging to a community and caring for others	<u>Relationships</u> How do friendships change as we grow? Safe relationships	<u>Living in the Wider World</u> How do money and financial decisions affect our lives? Money and work	<u>Health and Wellbeing</u> What will change as we become more independent? Physical health and wellbeing How can we manage risk, pressure and consent? Keeping safe	<u>Relationships</u> Sex Education

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Wellbeing	 Book Six All About Me Understanding my Emotions Feeling Optimistic Feeling Apprehensive Feeling Stressed Feeling Balanced Celebrating People in our Lives			 Term Two Book Six What are Emotions? > Know Your Triggers > Identify the Trigger > Strength of Feeling > Take a Power Pause > What can I Control? > Know Yourself > My Best Self > What a Power Pause Looks Like to You >		
Y6 Life Skills	<u>Social Skills</u> LS: Fairness & Trust PE: Gratitude & Empathy	<u>Social Skills</u> LS: Communication & Co-operation PE: Respect & Encouragement	<u>Emotional Skills</u> LS: Resilience & Self-belief PE: Honesty & Courage	<u>Emotional Skills</u> LS: Responsibility & Self-motivation PE: Integrity & Self-discipline	<u>Thinking Skills</u> LS: Concentration & Imagination PE:Curiosity & Resourcefulness	<u>Thinking Skills</u> LS: Problem-solving & Decision-making PE: Evaluation & Reflection

IMPROVING SOCIAL AND EMOTIONAL LEARNING IN PRIMARY SCHOOLS

Summary of recommendations

