

Meadow Park: Sequence of learning overview 2025-2026



Subject- PSHE

Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Health & Wellbeing		Relationships		Living in the wider world	
KS1					
Physical Health and wellbeing <ul style="list-style-type: none">Expressing and exploring feelings positively.Exploring change.Asking for help.What affects mental health and ways to take care of it.Keeping healthy.Why sleep is important.Food and exercise.	Growing and changing <ul style="list-style-type: none">Hygiene routines.Keeping teeth healthy.Medicines and keeping healthy.Sun safety.Risk and safety at home.Emergencies. How rules and age restrictions help us.	Respecting ourselves and others <ul style="list-style-type: none">How behaviour affects others.Being polite and respectful towards others.Sharing opinions.Recognising things in common and differences with others.Playing and working cooperatively.	Safe relationships <ul style="list-style-type: none">Recognising privacy.Staying safe.Seeking permission.Managing secrets.Resisting pressure and getting help.Recognising hurtful behaviour.	Belonging to a community <ul style="list-style-type: none">What rules are.Caring for others' needs.Looking after the environmentBelonging to a group.Roles and responsibilities.Being the same and different in the community.	Money and work <ul style="list-style-type: none">Strengths and interests.Jobs in the community.What money is.Needs and wants.Looking after money.
Media literacy and digital resilience <ul style="list-style-type: none">Using the internet and digital devices.Communicating online.The internet in everyday life.Online content and information.	Keeping safe <ul style="list-style-type: none">Safety in different environments.Risk and safety at home.Emergencies.	Families and friendships <ul style="list-style-type: none">Roles of different people.Families.Feeling cared for.Making friends.	Growing and changing <ul style="list-style-type: none">Recognising what makes children unique and special.Feelings and emotions.Managing when things go wrong.Growing older.Naming body parts.		
Year 3					
Physical health and wellbeing <ul style="list-style-type: none">Expressing and exploring feelings positively.Exploring change.Asking for help.What affects mental health and ways to take care of it.Healthy choices and habits.Healthy sleep habits.Sun safety.Medicines, vaccinations, immunisations and allergies.	Growing and changing <ul style="list-style-type: none">Managing emotions.	Respecting ourselves and others <ul style="list-style-type: none">Respecting ourselves and others.Recognising respectful behaviour.The importance of self-respect.Courtesy and being polite to others.	Safe relationships <ul style="list-style-type: none">Safe relationshipsPersonal boundariesSafely responding to othersThe impact of hurtful behaviour	Belonging to a community <ul style="list-style-type: none">Belonging to a community.The value of rules and laws.Rights, freedoms and responsibilities.	Money and work <ul style="list-style-type: none">Job stereotype.Setting personal goals.Money and work.Different jobs and skills.
Media literacy and digital resilience <ul style="list-style-type: none">Media literacy and digital resilience.	Keeping safe <ul style="list-style-type: none">Keeping safe.	Families and friendships <ul style="list-style-type: none">Families and friendships.	Growing and changing <ul style="list-style-type: none">Personal strengths and		

<ul style="list-style-type: none"> • The internet in everyday life. • Online content and information. 	<ul style="list-style-type: none"> • Safety in the local environment and unfamiliar places. • Keeping safe. • Risks and hazards. 	<ul style="list-style-type: none"> • What makes a family. 	<ul style="list-style-type: none"> • achievements. • Managing and reframing setbacks. 		
---	---	--	---	--	--

Year 4					
Physical health and wellbeing <ul style="list-style-type: none"> • Physical health and mental wellbeing. • Exploring and expressing feelings positively. • Affects to mental health. • Hygiene. 	Growing and changing <ul style="list-style-type: none"> • Managing emotions 	Respecting ourselves and others <ul style="list-style-type: none"> • Respecting differences and similarities. • Discussing difference sensitively. 	Safe relationships <ul style="list-style-type: none"> • Responding to hurtful behaviour. • Managing confidentiality. • Recognising risks online. 	Belonging to a community <ul style="list-style-type: none"> • Belonging to a community • What makes a community • Shared responsibilities 	Money and work <ul style="list-style-type: none"> • Using and keeping money safe. • Making decisions about money.
Media Literacy and Digital Resilience <ul style="list-style-type: none"> • How data is shared and used. • Accessing information online. 	Keeping safe <ul style="list-style-type: none"> • Keeping safe • Drugs common to everyday life • Medicines and household products 	Family and friendships <ul style="list-style-type: none"> • Positive friendships 	Growing and changing <ul style="list-style-type: none"> • Physical and emotional changes in puberty. • External genitalia. • Personal hygiene routines. • Support with puberty. 		

Year 5					
Physical health and mental wellbeing <ul style="list-style-type: none"> • Expressing and exploring feelings positively. • Exploring change. • Asking for help. • What affects mental health and ways to take care of it. • Healthy sleep habits. • Sun safety. • Medicines, vaccinations, immunisations and allergies. 	Growing and changing <ul style="list-style-type: none"> • Managing emotions 	Respecting ourselves and others <ul style="list-style-type: none"> • Responding respectfully to a wide range of people. • Recognising prejudice and discrimination. 	Growing and changing <ul style="list-style-type: none"> • Personal identity. • Recognising individuality and different qualities. 	Belonging to a community <ul style="list-style-type: none"> • Protecting the environment. • Compassion towards others. 	Money and work <ul style="list-style-type: none"> • Identifying job Interests and aspirations, • What Influences career choices. • Workplace stereotypes.
Media literacy and digital resilience <ul style="list-style-type: none"> • How information online is targeted, different media types. • The media’s role and impact. 	Keeping safe. <ul style="list-style-type: none"> • Keeping safe in different situations. • Responding in emergencies. • First aid. • FGM. 	Families and friendships <ul style="list-style-type: none"> • Managing Friendships. • Peer Influence. 	Safe relationships <ul style="list-style-type: none"> • Physical contact. • Feeling safe. 		

Year 6					
--------	--	--	--	--	--

Physical health and mental wellbeing <ul style="list-style-type: none"> Expressing and exploring feelings positively. Loss and bereavement. Managing change and time online. 	Growing and changing <ul style="list-style-type: none"> Increasing independence. Managing transition. 	Respecting Ourselves and Others <ul style="list-style-type: none"> Expressing opinions and respecting other points of view. Discussing topical Issues. 	Growing and changing <ul style="list-style-type: none"> Human reproduction and birth. 	Belonging to a community <ul style="list-style-type: none"> Valuing diversity. Challenging discrimination and stereotype. 	Money and work <ul style="list-style-type: none"> Influences and attitudes to money. Money and financial risks.
Media Literacy and Digital Resilience <ul style="list-style-type: none"> Evaluating media sources. Sharing things online. 	Keeping Safe <ul style="list-style-type: none"> Keeping personal Information safe. Regulations and choices. Drug use and the law. Drug use and the media. 	Families and Friendships <ul style="list-style-type: none"> Attraction to others. Romantic relationships. Civil partnership and marriage. 	Safe Relationships <ul style="list-style-type: none"> Recognising and managing pressure. Consent in different situations. 		

Year 7

Physical Health and Mental Wellbeing <ul style="list-style-type: none"> Asking for help and support. What affects mental health. Taking care of your mental health. Coping strategies. Managing loss and change. The positive effect of exercise. 	Health and puberty <ul style="list-style-type: none"> Healthy routines. Influences on health. Puberty. Unwanted contact. FGM. 	Diversity <ul style="list-style-type: none"> Diversity. Prejudice. Bullying 	Building relationships <ul style="list-style-type: none"> Self-worth. Romance and friendships (including online). Relationship boundaries. 	Developing skills and aspirations <ul style="list-style-type: none"> Careers. Teamwork. Enterprise skills. Raising aspirations. 	Financial decision making <ul style="list-style-type: none"> Saving. Borrowing, budgeting and making Financial choices.
	Safety <ul style="list-style-type: none"> Personal safety in and outside school. First aid. 				

Year 8

Physical health and mental Wellbeing <ul style="list-style-type: none"> Expressing feelings positively. Asking for help and support. What affects mental health. Taking care of your mental health. Coping strategies. Managing loss and 	Drugs and alcohol <ul style="list-style-type: none"> Alcohol and drug misuse. Pressures relating to drug use. 	Discrimination <ul style="list-style-type: none"> Discrimination in all of its forms, including: Racism. Religious discrimination. Disability discrimination. Sexism. Homophobia, biphobia and transphobia. 	Identity and relationships <ul style="list-style-type: none"> Gender identity. Sexual orientation. Consent. Sexting. An introduction to contraception. 	Community and careers <ul style="list-style-type: none"> Equality of opportunity in careers and life choices. Different types and patterns of work. 	Digital literacy <ul style="list-style-type: none"> Online safety. Digital literacy. Media reliability. Gambling hooks.
---	--	--	--	--	--

<div>change.</div> <div><div><div>• Diet & exercise.</div><div>• First aid.</div></div></div>					
<div>Year 9</div>					
<div>Physical health and mental wellbeing</div> <div><div><div>• Expressing feelings positively.</div><div>• Asking for help and support.</div><div>• What affects mental health.</div><div>• Taking care of your mental health.</div><div>• Coping strategies.</div><div>• Managing loss and change.</div><div>• Diet & exercise.</div><div>• First aid.</div></div></div>	<div>Peer influence, substance abuse and gangs</div> <div><div><div>• Healthy and unhealthy friendships.</div><div>• Assertiveness.</div><div>• Substance misuse.</div><div>• Gang exploitation.</div></div></div>	<div>Respectful relationships</div> <div><div><div>• Families and parenting.</div><div>• Healthy relationships.</div><div>• Conflict resolution.</div><div>• Relationship changes.</div></div></div>	<div>Intimate relationships</div> <div><div><div>• Relationships and sex education including:</div><div>• Consent.</div><div>• Contraception.</div><div>• The risks of STIs.</div><div>• Attitudes to pornography.</div></div></div>	<div>Setting goals</div> <div><div><div>• Learning strengths.</div><div>• Career options and goal setting as part of the GCSE options process.</div></div></div>	<div>Employability skills</div> <div><div><div>• Employability and online presence.</div></div></div>
<div>Year 10</div>					
<div>Physical health and mental wellbeing</div> <div><div><div>• Expressing feelings positively.</div><div>• Asking for help and support.</div><div>• What affects mental health.</div><div>• Taking care of your mental health.</div><div>• Coping strategies.</div><div>• Managing loss and change.</div><div>• The benefits of healthy eating & exercise.</div><div>• Ill health.</div><div>• Stigma.</div><div>• Safeguarding health, including during periods of transition or change.</div></div></div>	<div>Exploring influence</div> <div><div><div>• The influence and impact of: Drugs, gangs. role models and the media.</div></div></div>	<div>Addressing extremism and radicalisation</div> <div><div><div>• Communities.</div><div>• Challenging extremism.</div></div></div>	<div>Healthy relationships</div> <div><div><div>• Relationships.</div><div>• Sex expectations.</div><div>• Myths.</div><div>• Pleasure.</div><div>• Challenges.</div><div>• The impact of the media and pornography.</div></div></div>	<div>Financial decision making</div> <div><div><div>• The impact of financial decisions.</div><div>• Debt.</div><div>• Gambling.</div><div>• The impact of advertising on financial choices.</div></div></div>	<div>Work experience</div> <div><div><div>• Preparation for work experience and readiness for work.</div></div></div>
<div>Year 11</div>					

Physical health and mental wellbeing <ul style="list-style-type: none">Expressing feelings positively.Asking for help.What affects mental health.Taking care of your mental health.Coping strategies.Managing loss and change.The importance of healthy eating & exercise.Responsible health choices.Safety in independent contexts.	Building for the future <ul style="list-style-type: none">Self-efficacy.Stress management.Future opportunities.	Communication in relationships <ul style="list-style-type: none">Personal values.Assertive communication (including in relation to contraception and sexual health).Relationship challenges.Abuse.	Families <ul style="list-style-type: none">Different families.Parental responsibilities.Pregnancy.Marriage.Forced marriage.Changing relationships.	Next steps <ul style="list-style-type: none">Application processes.Skills for further education and employment.	
---	--	--	--	---	--