

PSHE Autumn Term Whole School Overview	Year 5	Year 6	Year 7	Year 8
	Understanding emotions Pupils learn to recognise and name emotions and explore simple ways to manage strong feelings.	Managing emotions Pupils build their understanding of emotions and learn healthy ways to recognise and manage their feelings.	Managing emotions and change Pupils explore how new situations and routines can affect wellbeing and learn positive ways to manage their emotions.	Managing strong emotions Pupils explore factors that affect wellbeing during adolescence and learn healthy ways to manage strong emotions.
	Focus and distractions Pupils learn what can distract them and practical ways to stay focused.	Managing distractions Pupils develop strategies for staying focused and learn how goals can help them manage distractions.	Managing distractions Pupils explore helpful and unhelpful distractions and how these can affect feelings, behaviour and wellbeing.	Distractions and social media Pupils explore how distractions, including social media, can affect wellbeing and learn ways to manage them.
	Positive thinking Pupils learn how thoughts can affect feelings and how helpful thinking habits can support wellbeing.	Positive thinking and wellbeing Pupils explore why we sometimes focus on negative experiences and how positive thinking can support wellbeing.	Developing positive habits Pupils explore negative thinking patterns and learn strategies to develop more positive thinking habits.	Disappointments and setbacks Pupils learn healthy ways to deal with disappointment, learn from setbacks and develop positive thinking habits.
	Managing worries Pupils explore worry and repeated thoughts and learn simple strategies to manage them.	Managing worry Pupils explore how worry can affect feelings and behaviour and learn strategies to manage it.	Worry and getting support Pupils learn how worry and repeated thoughts can affect wellbeing, how to manage them and where to find support.	Healthy and unhealthy coping Pupils learn about healthy ways to cope with difficult feelings, recognise when someone may be struggling and understand the importance of seeking help.
	Managing reactions Pupils learn how to stay calm when something difficult or unexpected happens and make positive choices.	Managing stress Pupils learn how stress can affect the body and mind and explore healthy ways to manage it.	Managing stress Pupils develop their understanding of stress and practise healthy strategies that can support long-term wellbeing.	Healthy coping strategies Pupils learn to recognise worry, tension and stress and explore healthy ways to cope and access support.
	Including others Pupils explore why everyone should feel welcome and included and how they can help others feel that they belong.	Respecting differences Pupils explore how stereotypes and unfair assumptions can affect people and how these can be challenged.	Friendship and empathy Pupils learn how to build positive friendships, understand the feelings of others and help people feel included.	Identity and community Pupils explore identity, diversity and belonging and how communities can help everyone feel welcome and valued.
	Positive and respectful friendships Pupils learn about positive friendships, including others and communicating respectfully in person and online.	Challenging stereotypes Pupils learn about stereotypes, prejudice and discrimination and explore positive ways to challenge unfair attitudes.	Bullying and bystanders Pupils explore different forms of bullying, the role of bystanders and how to safely challenge or report bullying, including online.	Bias and stereotypes Pupils explore how bias, assumptions and stereotypes can affect people and learn safe ways to challenge them.
	Bullying and getting help Pupils learn to recognise different types of bullying, understand its impact and know how to report concerns and ask for help.	Fairness and equality Pupils develop their understanding of prejudice, discrimination and the importance of treating others fairly and respectfully.	Conflict and healthy relationships Pupils learn about friendship challenges, healthy and unhealthy communication and positive ways to resolve disagreements.	Equality and discrimination Pupils learn about equality, discrimination and protected characteristics and how unfair treatment can be challenged.
	Respect and positive choices Across the term, pupils develop skills to communicate respectfully, consider the feelings of others and make safe, positive choices.	Wellbeing and positive choices Across the term, pupils develop strategies to look after their wellbeing, manage challenges and make respectful choices.	Challenging harmful attitudes Pupils learn about harmful attitudes towards women and girls, how misleading ideas can spread online and how to challenge and report harmful content safely.	Values and respectful disagreement Pupils explore how people can have different values and viewpoints and learn how to disagree respectfully and constructively.
	Belonging and wellbeing Throughout the term, pupils develop confidence in managing feelings, building positive relationships and knowing when to ask for support.	Respecting ourselves and others Throughout the term, pupils develop their understanding of wellbeing, respect, difference and how their choices can affect themselves and others.	Positive relationships and wellbeing Throughout the term, pupils develop skills to manage emotions, seek support, build healthy relationships and make safe choices.	Diverse and supportive communities Pupils explore the benefits of inclusive communities and how everyone can contribute, support others and help people feel that they belong.

PSHE Autumn Term Overview

During the Autumn Term, pupils in Years 5 to 8 develop the knowledge and skills needed to support their wellbeing, build positive relationships and make safe and respectful choices.

Learning develops as pupils move through the school, building their confidence in managing emotions, dealing with challenges, respecting differences and knowing when and where to seek help.