

Hanley St Luke's Church of England Academy

Whole School PSHE Overview						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
	Me and My Relationships	Valuing Difference	Keeping Safe	Rights and Respect	Being My Best	Growing and Changing
Nursery	<p><u>Marvellous me!</u></p> <p>Nursery – Introduction to brain breaks.</p> <p><u>I'm special</u></p> <p>Mind Up – Getting Focused – Session 1 - How the Brain works</p> <p>Mind Up – Getting Focused – Session 1 - How the Brain works</p> <p>Black History Month</p> <p>Mind Up –Getting Focused – Session 2 – Mindful awareness</p> <p>World Mental Health Day</p> <p>10th Oct 25</p> <p><u>People who are special to me</u></p> <p>Mind Up –Getting Focused Session 2</p> <p>Mindful awareness</p>	<p><u>Me and my friends</u></p> <p>Anti-bullying week</p> <p>10-14th Nov</p> <p>Theme: Power For Good</p> <p>UK Parliament Week</p> <p>23-30th Nov.</p> <p><u>Friends and family</u></p> <p><u>Including everyone</u></p> <p>Mind Up – Getting Focused</p> <p>Session 3 – The core practise of controlling your breathing</p> <p>Part 1 Mind Up – Getting Focused</p> <p>Session 3 – The core practise of controlling your breathing</p> <p>Part 2</p>	<p><u>People who help me and keep me safe</u></p> <p>Mind Up</p> <p>- Sharpening your senses</p> <p>-Session 4 – Mindful listening</p> <p>Mind Up</p> <p>-Sharpening your senses - Session 5 – Mindful seeing</p> <p><u>Safety Indoors and Outdoors</u></p> <p><u>What's safe to go into my body</u></p> <p>Children's Mental Health Week. 9-15th Feb 2026</p> <p>Safer Internet Day: Feb 10th 2026</p>	<p><u>Looking after myself</u></p> <p>Vocations: Careers and Aspirations</p> <p>Worship</p> <p><u>Looking after others</u></p> <p><u>Looking after my environment</u></p> <p>Mind Up</p> <p>Sharpening your senses</p> <p>Session 6</p> <p>Mindful smelling and</p> <p>Session 7 Mindful Tasting</p>	<p>Earth Day Worship</p> <p><u>What does my body need?</u></p> <p><u>I can keep trying</u></p> <p><u>I can do it!</u></p>	<p>Water Safety Week</p> <p><u>Growing and changing in nature</u></p> <p><u>When I was a baby</u></p> <p><u>Girls, boys and families</u></p> <p>(PE SESSION?) Mind Up-</p> <p>Sharpening your senses</p> <p>Session 9</p> <p>Mindful Movement 1 and 2</p>

<p>Reception</p>	<p>All about me</p> <p>What makes me special</p> <p>Mind Up – Getting Focused – Session 1 - How the Brain works</p> <p>Me and my special people</p> <p>Mind Up – Getting Focused – Session 1 - How the Brain works</p> <p>Black History Month</p> <p>Mind Up –Getting Focused – Session 2 – Mindful awareness</p> <p>World Mental Health Day</p> <p>10th Oct 25</p> <p>Who can help me? My feelings</p> <p>My feelings (2)</p>	<p>I'm special, you're special</p> <p>Same and different</p> <p>Anti-bullying week</p> <p>10-14th Nov</p> <p>Theme: Power For Good</p> <p>UK Parliament Week</p> <p>23-30th Nov.</p> <p>Same and different families</p> <p>Same and different homes</p> <p>I am caring</p> <p>I am a friend</p> <p>Mind Up – Getting Focused Session 3 – The core practise of controlling your breathing.</p> <p>Mind Up – Session 4 Mindful Listening.</p>	<p>What's safe to go onto my body</p> <p>Keeping Myself Safe - What's safe to go into my body (including medicines)</p> <p>Safe indoors and outdoors</p> <p>Listening to my feelings</p> <p>People who help to keep me safe</p> <p>Children’s Mental Health Week. 9-15th Feb 2026</p> <p>Safer Internet Day: Feb 10th 2026</p> <p>Keeping safe online</p>	<p>Mind Up -Sharpening your senses</p> <p>Session 5 – Mindful seeing</p> <p>Vocations: Careers and Aspirations</p> <p>Worship</p> <p>Looking after my special people</p> <p>Looking after my friends</p> <p>Being helpful at home and caring for our classroom</p> <p>Caring for our world</p> <p>Looking after money (1): recognising, spending, using</p> <p>Looking after money (2): saving money and keeping it safe</p> <p>Mind Up Sharpening your senses</p> <p>Session 6</p> <p>Mindful smelling</p>	<p>Earth Day Worship</p> <p>Bouncing back when things go wrong</p> <p>Yes, I can!</p> <p>Healthy eating</p> <p>My healthy mind</p> <p>Move your body</p> <p>A good night's sleep</p> <p>Mind Up Sharpening your senses</p> <p>Session 7</p> <p>Mindful tasting</p>	<p>Water Safety Week</p> <p>Seasons</p> <p>Life stages - plants, animals, humans</p> <p>Life Stages: Human life stage - who will I be?</p> <p>Mind Up- Sharpening your senses</p> <p>Session 8 and 9</p> <p>Mindful Movement 1</p> <p>Where do babies come from?</p> <p>Mind Up- Sharpening your senses</p> <p>Session 8 and 9</p> <p>Mindful Movement 2</p> <p>Getting bigger</p> <p>Me and my body - girls and boys</p>
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<p>Year 1</p>	<p><u>Why we have classroom rules</u></p> <p><u>How are you listening?</u></p> <p>Mind Up –Getting Focused – Session 1 - How the Brain works</p> <p><u>Thinking about feelings</u></p> <p><u>Our feelings</u></p> <p>Mind Up –Getting Focused – Session 2 – Mindful awareness Black History Month</p> <p>Mind Up – Getting Focused</p> <p>Session 3 – The core practise of controlling your breathing World Mental Health Day 10th Oct 25</p> <p><u>Feelings and bodies</u></p> <p><u>Good friends</u></p> <p>Mind Up</p>	<p><u>Same or different?</u></p> <p>Anti-bullying week 10-14th Nov</p> <p>Theme: Power For Good</p> <p><u>Unkind, tease or bully?</u></p> <p>UK Parliament Week 23-30th Nov.</p> <p><u>Harold's school rules</u></p> <p><u>It's not fair!</u></p> <p><u>Who are our special people?</u></p> <p><u>Our special people balloons</u></p> <p>Mind Up -Sharpening your senses</p> <p>Session 5 – Mindful seeing</p>	<p><u>Super sleep</u></p> <p><u>Who can help? (1)</u></p> <p><u>Good or bad touches?</u></p> <p><u>Sharing pictures</u></p> <p><u>What could Harold do?</u></p> <p><u>Harold loses Geoffrey</u></p> <p>Children’s Mental Health Week. 9-15th Feb 2026</p> <p>Safer Internet Day: Feb 10th 2026</p>	<p><u>Harold has a bad day</u></p> <p>Vocations: Careers and Aspirations Worship</p> <p><u>Around and about the school</u></p> <p><u>Taking care of something</u></p> <p><u>Harold's money</u></p> <p><u>How should we look after our money?</u></p> <p>(PE SESSION?) Mind Up- Sharpening your senses Session 8 Mindful Movement 1</p> <p><u>Basic first aid</u></p>	<p>Earth Day Worship</p> <p><u>I can eat a rainbow</u></p> <p><u>Eat well</u></p> <p><u>Harold's wash and brush up</u></p> <p><u>Catch it! Bin it! Kill it!</u></p> <p>Mind Up It’s all about attitude Session 10 Perspective Taking</p> <p><u>Harold learns to ride his bike</u></p> <p><u>Pass on the praise!</u></p>	<p>Water Safety Week</p> <p><u>Healthy me</u></p> <p><u>Then and now</u></p> <p><u>Taking care of a baby</u></p> <p>Mind Up Unit 3: It’s all about attitude. Lesson 11 – Choosing Optimism</p> <p><u>Who can help? (2)</u></p> <p>Mind Up Unit 3: It’s all about attitude – Lesson 12. Appreciating Happy Experiences</p> <p><u>Surprises and secrets</u></p> <p><u>Keeping privates private</u></p>
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	-Sharpening your senses -Session 4 – Mindful listening					
Year 2	<p><u>Our ideal classroom (1)</u></p> <p><u>How are you feeling today?</u></p> <p>Mind Up –Getting Focused – Session 1 - How the Brain works</p> <p><u>Let's all be happy!</u></p> <p><u>Being a good friend</u> Mind Up –Getting Focused – Session 2 – Mindful awareness Black History Month</p> <p><u>Types of bullying</u> World Mental Health Day 10th Oct 25</p> <p><u>Don't do that!</u> Mind Up Sharpening your senses Session 6 Mindful smelling</p>	<p><u>What makes us who we are?</u></p> <p><u>My special people</u></p> <p>Anti-bullying week 10-14th Nov Theme: Power For Good</p> <p>UK Parliament Week 23-30th Nov. <u>How do we make others feel?</u></p> <p><u>When someone is feeling left out</u></p> <p><u>An act of kindness</u></p> <p><u>Solve the problem</u> Mind Up Sharpening your senses Session 7 Mindful tasting</p> <p>Mind Up- Sharpening your senses Session 9 Mindful movement 2</p>	<p><u>Harold's picnic</u></p> <p><u>How safe would you feel?</u></p> <p><u>What should Harold say?</u></p> <p><u>I don't like that!</u></p> <p><u>Fun or not?</u></p> <p>Children's Mental Health Week. 9-15th Feb 2026</p> <p>Safer Internet Day: Feb 10th 2026 <u>Should I tell?</u></p>	<p><u>Getting on with others</u></p> <p>Vocations: Careers and Aspirations Worship</p> <p><u>When I feel like erupting</u></p> <p><u>Feeling safe</u></p> <p><u>Playing games</u></p> <p><u>Harold saves for something special</u></p> <p><u>How can we look after our environment?</u></p>	<p>Earth Day Worship <u>You can do it!</u></p> <p><u>My day</u></p> <p><u>Harold's postcard - helping us to keep clean and healthy</u></p> <p><u>Harold's bathroom</u></p> <p><u>What does my body do?</u></p> <p><u>Basic first aid</u></p>	<p>Water Safety Week</p> <p><u>A helping hand</u></p> <p><u>Sam moves away</u></p> <p>Mind Up Taking action mindfully Session 13 Expressing Gratitude</p> <p><u>Haven't you grown!</u></p> <p><u>My body, your body</u></p> <p>Mind Up Taking action mindfully Session 14 Performing Acts of Kindness</p> <p><u>Respecting privacy</u></p> <p><u>Some secrets should never be kept</u></p> <p>Mind Up Taking action mindfully</p>

						Session 15 Taking mindful action in the world
Year 3	<p>Mind Up –Getting Focused – Session 1 - How the Brain works</p> <p>Mind Up –Getting Focused – Session 2 – Mindful awareness</p> <p>Mind Up – Getting Focused Session 3 – The core practise of controlling your breathing</p> <p>Mind Up -Sharpening your senses -Session 4 – Mindful listening</p> <p>Black History Month</p> <p><u>As a rule</u></p> <p><u>Looking after our special people</u></p> <p><u>How can we solve this problem?</u></p> <p>World Mental Health Day 10th Oct 25</p>	<p><u>Respect and challenge</u></p> <p>Anti-bullying week 10-14th Nov Theme: Power For Good</p> <p>UK Parliament Week 23-30th Nov.</p> <p><u>Family and friends</u></p> <p><u>My community</u></p> <p><u>Our friends and neighbours</u></p> <p><u>Let's celebrate our differences</u> <u>Zeb</u></p>	<p><u>Safe or unsafe?</u></p> <p><u>Danger or risk?</u></p> <p><u>The Risk robot</u></p> <p><u>Super Searcher</u></p> <p><u>Help or harm?</u></p> <p><u>Alcohol and cigarettes: the facts</u></p> <p>Children’s Mental Health Week. 9-15th Feb 2026</p> <p>Safer Internet Day: Feb 10th 2026</p>	<p>(PE Session?) Mind Up – Sharpening your senses Session 8 Mindful movement 1</p> <p>Vocations: Careers and Aspirations Worship</p> <p><u>Helping each other to stay safe</u></p> <p><u>Recount task</u></p> <p><u>Our helpful volunteers</u></p> <p><u>Can Harold afford it?</u></p> <p><u>Earning money</u></p> <p><u>Harold's environment project</u></p>	<p>Earth Day Worship</p> <p><u>Derek cooks dinner! (healthy eating)</u></p> <p><u>Poorly Harold</u></p> <p><u>Body team work</u></p> <p><u>For or against?</u></p> <p><u>I am fantastic!</u></p> <p><u>Top talents</u></p>	<p>Water Safety Week</p> <p>Mind Up It’s all about attitude Session 10 Perspective Taking.</p> <p><u>Relationship tree</u></p> <p><u>Body space</u></p> <p>Mind Up It’s all about attitude Session 11 Choosing optimism</p> <p><u>None of your business!</u></p> <p><u>Secret or surprise?</u></p> <p>Mind Up It’s all about attitude Session 12 Appreciating Happy experiences</p> <p><u>My changing body</u></p> <p><u>Basic first aid</u></p>

	<p>Friends are special</p> <p>Thunks</p> <p>Dan's dare</p> <p>Mind Up -Sharpening your senses Session 5 – Mindful seeing</p>					
<p>Year 4</p>	<p>Mind Up –Getting Focused – Session 1 - How the Brain works</p> <p>Human machines</p> <p>Ok or not ok? (part 1)</p> <p>Mind Up –Getting Focused – Session 2 – Mindful awareness</p> <p>Ok or not ok? (part 2)</p> <p>An email from Harold!</p> <p>Black History Month</p> <p>Different feelings</p> <p>World Mental Health Day 10th Oct 25</p>	<p>Can you sort it?</p> <p>What would I do?</p> <p>Anti-bullying week 10-14th Nov 2025 Theme: Power For Good</p> <p>The people we share our world with</p> <p>That is such a stereotype!</p> <p>UK Parliament Week 24-30th Nov 2025</p> <p>Mind Up Sharpening your senses Session 6 Mindful smelling</p>	<p>Danger, risk or hazard?</p> <p>How dare you!</p> <p>Keeping ourselves safe</p> <p>Raisin challenge (2)</p> <p>Picture wise</p> <p>Children’s Mental Health Week. 9-15th Feb 2026</p> <p>Safer Internet Day: Feb 10th 2026</p> <p>Medicines: check the label</p>	<p>Who helps us stay healthy and safe?</p> <p>It's your right</p> <p>Vocations: Careers and Aspirations Worship</p> <p>How do we make a difference?</p> <p>In the news!</p> <p>Safety in numbers</p> <p>Why pay taxes?</p>	<p>Earth Day Worship</p> <p>What makes me ME!</p> <p>Making choices</p> <p>SCARF hotel</p> <p>Harold's Seven Rs</p> <p>My school community (1)</p> <p>Basic first aid</p>	<p>Water Safety Week Worship</p> <p>Moving house</p> <p>My feelings are all over the place!</p> <p>All change!</p> <p>Preparing for changes at puberty</p> <p>Secret or surprise?</p> <p>Together</p> <p>Mind Up Taking action mindfully Session 13</p>

	<p><u>Under pressure</u></p>	<p>Mind Up Sharpening your senses Session 7 Mindful tasting</p> <p><u>Friend or acquaintance?</u></p> <p><u>Islands</u></p> <p>Mind Up- Sharpening your senses Session 9 Mindful Movement 2</p>				<p>Expressing Gratitude & Session 14 Acts of Kindness</p> <p>Mind Up</p> <p>Taking action mindfully</p> <p>Session 15 Taking mindful action in the world</p>
<p>Year 5</p>	<p>Mind Up –Getting Focused – Session 1 - How the Brain works</p> <p><u>Collaboration Challenge!</u></p> <p><u>Give and take</u></p> <p><u>How good a friend are you?</u></p> <p><u>Relationship cake recipe</u></p> <p>Mind Up –Getting Focused – Session 2 – Mindful awareness</p> <p>Black History Month-</p>	<p><u>Qualities of friendship</u></p> <p><u>Kind conversations</u> Anti-bullying week 10-14th Nov Theme: Power For Good</p> <p>UK Parliament Week 23-30th Nov. <u>Happy being me</u></p> <p><u>The land of the Red People</u></p> <p>Mind Up -Sharpening your senses Lesson 4 Mindful Listening</p>	<p><u>Spot bullying</u></p> <p><u>Play, like, share</u></p> <p><u>Decision dilemmas</u></p> <p><u>Ella's diary dilemma</u></p> <p><u>Vaping: healthy or unhealthy?</u></p> <p>Children’s Mental Health Week. 9-15th Feb 2026</p> <p>Safer Internet Day: Feb 10th 2026</p> <p><u>Would you risk it?</u></p>	<p><u>What's the story?</u></p> <p><u>Fact or opinion?</u></p> <p>Vocations: Careers and Aspirations Worship</p> <p><u>Mo makes a difference</u></p> <p><u>Rights, respect and duties</u></p> <p><u>Spending wisely</u></p> <p><u>Lend us a fiver!</u></p> <p>(PE Session?) Mind Up -</p>	<p>Earth Day Worship</p> <p><u>It all adds up!</u></p> <p><u>Different skills</u></p> <p><u>My school community (2)</u></p> <p><u>Independence and responsibility</u></p> <p><u>Independence and responsibility</u></p> <p><u>Basic first aid, including Sepsis Awareness</u></p>	<p>Water Safety Week Worship</p> <p><u>How are they feeling?</u></p> <p><u>Taking notice of our feelings</u></p> <p><u>Dear Ash</u></p> <p><u>Growing up and changing bodies</u></p> <p><u>Changing bodies and feelings</u></p>

	<p><u>Our emotional needs</u> World Mental Health Day 10th Oct 25 Mind Up –</p> <p>Getting Focused Session 3 – The core practise of controlling your breathing. (link to well- being and Mental Health).</p> <p><u>Being assertive</u></p>	<p>Mind Up -Sharpening your senses Session 5 – Mindful seeing <u>is it true?</u></p> <p><u>Stop, start, stereotypes</u></p>		<p>Sharpening your senses Session 8 Mindful movement 1</p>		
<p>Year 6</p>	<p>Mind Up –Getting Focused – Session 1 - How the Brain works</p> <p><u>Working together</u></p> <p><u>Solve the friendship problem</u></p> <p><u>Behave yourself</u></p> <p><u>Assertiveness skills</u></p> <p><u>Don't force me</u></p> <p>Black History Month</p> <p>Mind Up –Getting Focused – Session 2 – Mindful awareness</p>	<p><u>OK to be different</u></p> <p>Anti-bullying week 10-14th Nov 2025 Theme: Power For Good</p> <p>UK Parliament Week 24-30th Nov 2025</p> <p><u>We have more in common than not</u></p> <p><u>Respecting differences</u></p> <p><u>Tolerance and respect for others</u></p> <p><u>Advertising friendships!</u></p>	<p><u>Think before you click!</u></p> <p><u>To share or not to share?</u></p> <p><u>Rat Park</u></p> <p><u>What sort of drug is...?</u></p> <p><u>Drugs: it's the law!</u></p> <p><u>Alcohol: what is normal?</u></p> <p>Children’s Mental Health Week. 9-15th Feb 2026</p>	<p><u>Two sides to every story</u></p> <p><u>Fakebook friends</u></p> <p>Vocations: Careers and Aspirations Worship</p> <p><u>What's it worth?</u></p> <p><u>Happy shoppers - caring for the environment</u></p> <p><u>Democracy in Britain 1 - Elections</u></p> <p><u>Democracy in Britain 2 - How (most) laws are made</u></p>	<p>Earth Day Worship</p> <p><u>This will be your life!</u></p> <p><u>Our recommendations</u></p> <p>Mind Up- Sharpening your senses Session 7 Mindful smelling and Tasting.</p> <p>(Carry out as part of PE session). Mind Up- Sharpening your senses Session 9 Mindful Movement 2</p>	<p>Water Safety Week Worship</p> <p><u>I look great!</u></p> <p><u>Media manipulation</u></p> <p><u>Pressure online</u></p> <p><u>Helpful or unhelpful? Managing change</u></p> <p>Mind Up Its all about attitude Session 13 Expressing Gratitude</p> <p><u>Help! I'm a teenager - get me out of here!</u></p>

	<p>World Mental Health Day 10th Oct 25</p> <p><u>Acting appropriately</u></p>	<p><u>Boys will be boys? - challenging gender stereotypes</u></p>	<p>Safer Internet Day: Feb 10th 2026</p>		<p><u>What's the risk? (1)</u></p> <p><u>What's the risk? (2)</u></p> <p>SATS week Mindfulness breathing and awareness/stress /anxiety calming measures (SATS)</p> <p><u>Basic first aid, including Sepsis Awareness</u></p> <p><u>Five Ways to Wellbeing project</u></p>	<p>Mind Up Taking action mindfully Session 14 and session 15.</p>
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