



Cathcart Street PSHE Year Group Overviews 2026/27



F2		
Autumn 1	Meet Your Brain	We are learning what our brain looks like. We are learning what our brain helps us with. We are learning about how to look after our brain We are learning how we can grow our brains
	NSPCC	PANTS- we are learning the Talk PANTS rule and that they keep us safe
Autumn 2	Celebrate	We are learning what Character Strengths are (super powers) We are learning about the Love and Kindness Strength We are learning about the Character Strengths of Bravery and Honesty, and Teamwork and Friendship We are learning about the Character Strengths Exploring and Learning, and Love of Life and Our World.
Spring 1	Appreciate	We are learning how to be grateful for other people. We are learning how being grateful makes you feel. We are learning to be grateful for activities and times we feel happy about. We are learning how to be grateful for ourselves
Spring 2	Relate	We are learning how to be a good friend. We are learning why getting along with others is so important. We are learning why listening is so important. We are learning what Active Listening is. We are learning why listening is so important. We are learning what Active Listening is.
Summer 1	Engage	We are learning what goals are. We are learning how to set goals



Cathcart Street PSHE Year Group Overviews 2026/27



		We are learning what Big Dream Goals are We are learning what to do when goals are tricky
Summer 2	Body	We are learning to manage our own personal hygiene needs. We are learning to know and talk about the different factors that support our overall health and well-being: 1.regular physical activity 2.healthy eating 3.teeth brushing 4.sensible amounts of 'screen time' 5.having a good sleep routine 6.being a safe pedestrian
	Relationships	We are learning to build constructive and respectful relationships We are learning to continue to develop positive attitudes about the differences between people. We are learning to express our feelings and consider the feelings of others. We are learning to show resilience and perseverance in the face of challenges. We are learning to identify and moderate our own feelings socially and emotionally. We are learning to think about the perspectives of others
	World	We are learning to name and describe people who are familiar to us. See ourselves as a valuable individual.
Year 1		



Cathcart Street PSHE Year Group Overviews 2026/27



Autumn 1	Meet Your Brain	We are learning what our brain looks like and how it helps us. We are learning that the brain has 3 parts. We are learning about how our brains help us. We are learning what Neuroplasticity is. We are learning how Team H-A-P help us be our best self We are learning what happens when Team H-A -P is happy and sad. We are learning how you can help Team H-A -P We are learning more about Happy Breathing and how it helps us. We are learning that our brain can react differently indifferent situations We will be recapping and thinking about how we can use our new knowledge.
	PSHE Association Drugs and alcohol	Lesson 1: Keeping safe-To learn about things that go into bodies and onto skin and how they can make people feel. Lesson 2: Keeping healthy- To learn about medicines, and the people who help someone to stay healthy.
Autumn 2	Showing respect and managing hurtful behaviours Celebrate	We are learning about what bullying is and how it can make people feel. We are learning what we can do to stop it from happening We are learning what character is. We are learning how character makes us special. We are learning more about Character Strengths . We are learning why it is important to use our strengths. We are learning more about Character Strengths . We are learning why it is important to use our strengths.



Cathcart Street PSHE Year Group Overviews 2026/27



		We are learning how to use our strengths even more. We are thinking about which strengths we use the most
Spring 1	Appreciate	We are learning what Appreciate means. We are learning ways to show appreciation. We are learning who we are grateful for We are learning how important showing gratitude is. We are learning how gratitude makes us feel. We are learning how to show appreciation to ourselves We are learning about Gratitude for Experiences. We are learning why gratitude makes us feel good.
	Healthy Lifestyles	We are learning how to stay healthy. We are learning about things that help us feel good.
Spring 2	Relate	We are learning what Relate means. We are learning how our Character Strengths and differences can help us relate. We are learning more about how to Relate to people. We are learning all about Active Listening. We are learning how Relating to other people helps us to get along with them. We are learning to think about other people's opinions.
	Families and Positive Close Relationships	We are learning about our families and how they can differ from others. We will be thinking about what they do to help us feel loved and cared for
Summer 1	Engage	We are learning what Engage means. We are recapping which habits we have learnt to help us feel good.



Cathcart Street PSHE Year Group Overviews 2026/27



	Shared Responsibilities	We are learning how we can achieve our goals when we feel good. We are learning how to set goals. We are learning how to stay focused when things get tough and don't go as planned. We are learning about the importance of believing in ourselves and how this helps us to be our best self We are recapping everything we have learnt this year. We are thinking about how we can share our learnings with other people
	Communities	We will discuss how to care for people, animals and the environment. We will explore the importance of rules in protecting our world. We will identify important jobs people do to help others in our community. We will discuss the different groups and communities we belong to and the roles and responsibilities we have in these.
Summer 2	Ourselves Growing and Changing	We are learning about how we grow and change as we age. We are learning about changes and how they affect us. We are learning how to apply our myHappymindlearning to help us with starting a new class
	Yasmin and Tom-	Lesson 4: My brilliant body- Explain that all bodies are different. Say what is brilliant about our body. Explain what to do if someone says mean things about someone's body.
	NSPCC	PANTS- we are learning the Talk PANTS rule and that they keep us safe



Cathcart Street PSHE Year Group Overviews 2026/27



Autumn 1	Meet the Brain	We are learning what our brain looks like and how it helps us. We are learning that the brain has 3 parts We are learning how our brains grow. We are learning what Neuroplasticity is. We are learning how Team H-A-P helps us be our best self We are learning which emotions might impact Team H-A-P. We are learning how you can help Team H-A-P. We are learning about how Happy Breathing helps us. We are learning that our brain reacts differently indifferent situations. We are learning how Neuroplasticity can help HappyBreathing. We will be recapping and thinking about how we can use our new knowledge.
	PSHE Association- Drugs and alcohol	Lesson 3: Medicines and household products- To learn about keeping safe around medicines and other household products.
Autumn 2	Celebrate	We are learning all about character and why it matters. We are learning about which Character Strengths we use the most. We are learning why it's important to use Character Strengths We will be learning how we can grow our strengths We are learning about sharing your strengths with others and giving positive feedback
Spring 1	Appreciate	We are learning what Gratitude means. We are learning how we can show gratitude. We are learning who we may be grateful for



Cathcart Street PSHE Year Group Overviews 2026/27



	Keeping Safe	We are learning about the importance of showing gratitude to ourselves. We are learning how Gratitude helps Team H-A-P We are learning why it is important to be grateful for experiences.
	Media Literacy and Digital Resilience	We are learning how to keep ourselves safe and healthy in different places. We are learning to identify risks in every day situations. We will explore how the internet and digital devices can be used safely. We will explore how to communicate safely through digital devices
Spring 2	Relate	We are learning how we can have good relationships with other people. We are learning how our differences can help us We are learning more about how we relate with others. We are learning how to use our strengths to relate to others We are learning about Active Listening and how it helps us to relate to others We are learning about other people's reactions.
	Friendships	We are learning how Happy Breathing can help with our friendships. We are learning about making friends, being kind, and treating each other with respect. We are learning what it means to listen and share our opinions.
Summer 1	Engage	We will be learning how we can use everything that you have learnt to feel good and do good We will be learning when we feel good, we do good. We will learn how to set goals We are learning how we can keep focused on our goals when things get tough.



Cathcart Street PSHE Year Group Overviews 2026/27



	Safe Relationships	We are recapping everything we have learnt this year. We are learning about the difference between safe and unsafe secrets and why it's important not to keep certain secrets. We are learning why it is essential to ask permission for things that we are unsure about
Summer 2	Economic Wellbeing	We will explore money and where it comes from. We will discuss choices around saving and spending money. We will discuss the difference between thing we want and things we need
	Ourselves, Growing and Changing	We are learning how to apply our myHappymindlearning to help us with starting a new class
	Yasmin and Tom-	Lesson 2: Naming body parts - external and private Name different parts of our body including the private and personal body parts. Explain what private and personal parts are and how they are identified
	NSPCC	PANTS- we are revisiting the PANTS rules and building confidence in seeking help



Cathcart Street PSHE Year Group Overviews 2026/27



Year 3		
Autumn 1	Meet Your Brian	We are learning how our brain and mind work together. We are learning what Neuroplasticity is. We are learning more about the Team in our brain, Team H-A-P. We are learning about the role of the Amygdala We are learning how to train your brain. We are learning why the Amygdala behaves the way it does. We are learning how the brain is structured. We are learning what Neurons and Neural Pathways are. We are learning how to look after our brains. We are learning that Happy Breathing is a key way to look after our brains
	PSHE Association Drugs and alcohol	Lesson 1: Medicines and household products To learn about the safe use of medicines and household products.
Autumn 2	Celebrate	We are learning what character is We are learning where our character comes from. We are learning which Character Strengths we have We are learning which strengths we use the most. We are learning why it is important to use our strengths We are learning what Character Strengths we use the most. We are learning why it is important to use our strengths We are learning how you can use your strengths in difficult situations. We are learning we can grow our strengths.



Cathcart Street PSHE Year Group Overviews 2026/27



Spring 1	Appreciate	We are learning what appreciation means. We are learning why gratitude is important We are learning how to develop an Attitude of Gratitude. We are learning how it feels to give and receive gratitude We are learning how to continue to think about Gratitude and build our habit. We are learning which hormone gets released when we give or receive Gratitude We are learning how to appreciate ourselves. We are learning about how we can use our Character Strengths to appreciate ourselves
	Healthy Lifestyles	We are learning how to make healthy choices and why they are so important. We are learning what makes a healthy diet
Spring 2	Relate	We are learning how to understand and celebrate our differences. We are learning what Stop, Understand and Consider means and how it can help. We are learning how to better understand differences. We are learning how seeing things from a different perspective can get easier We are learning what makes a good friend. We are learning how friends help us solve problems We are learning how Active Listening can help us to relate with others.
	Friendships	We are exploring what makes a positive, healthy friendship. We will discuss why friendships are important for our wellbeing. We will explore how to handle changes or challenges in our friendships



Cathcart Street PSHE Year Group Overviews 2026/27



	Families and close positive relationships	We are learning about different relationships and families. We are learning how to get help if something doesn't feel right
Summer 1	Engage	We are learning about what activities we engage in. We are learning how to feel good We are learning how we can feel good and do good. We are learning what Big Dream Goals are We are learning how perseverance and resilience help us. We are learning how to stay keep focussed our goals. We are recapping everything we have learnt about ourselves this year. We are reflecting on how positive habits help us to be at our best
	Communities	We will explore what makes up our community. We will discuss how people contribute to our communities and the benefits of living in a diverse community
	Yasmin and Tom-	Lesson 5: My personal and private body parts and keeping safe Label the personal and private parts of bodies. Explain the difference between safe and unsafe touches. Know that no one has the right to touch us in a way that feels unsafe, not even someone in our family
	NSPCC	PANTS- we are revisiting the PANTS rules and building confidence in seeking help



Cathcart Street PSHE Year Group Overviews 2026/27



Year 4		
Autumn 1	Meet Your Brian	We are learning how you can train your mind. We are learning how your brain can grow. We are learning about the different parts of our brains We are learning more about how Team H-A-P works. We are learning what is real and perceived danger. We are learning what triggers our Amygdala. We are learning how to calm your Amygdala. We are learning what Neurons and Neural Pathways are. We are learning how to form habits. We are learning how to look after our brains. We are continuing to develop our Happy Breathing habit.
	PSHE Association Drugs and alcohol	Lesson 2: Smoking, vaping and alcohol-To learn that caffeine, cigarettes, vaping (e-cigarettes) and alcohol can affect people's health
Autumn 2	Showing respect and managing hurtful behaviour	We are learning how to show respect to others and ourselves. We are learning how to stop bullying.
	Celebrate	We are learning about character and Character Strengths. We are learning which strengths we use the most. We are learning why it is important to use our Character Strengths.



Cathcart Street PSHE Year Group Overviews 2026/27



		We are learning which Character Strengths we use most. We are learning why it is important to use our strengths, We are learning how you can use your Character Strengths in difficult situations. We are learning why it is important to use and spot our Character Strengths. We are learning how we can use Character Strengths in lots of different ways We are learning how we can grow our strengths. We are learning more about Neuroplasticity and how it helps us.
Spring 1	Appreciate	We are learning what appreciation means and the 3 categories of gratitude. We are learning why gratitude is important. We are learning how to create a habit of giving gratitude We are learning how to develop an Attitude of Gratitude. We are learning how it feels to give and receive gratitude. We are learning what the Gratitude Domino Effect is We are learning which hormone gets released when we give or receive gratitude. We are learning how to create a habit of giving gratitude. We are learning how gratitude can help us face problems We are learning how to appreciate ourselves. We are learning more about how our Character Strengths can help us to appreciate ourselves
	First Aid	We are learning about first aid and what to do in an emergency
	Media Literacy and Digital Resilience	We will discuss how to use digital devices safely. We will explore the benefits of the internet and how to balance screen time. We will discuss how to protect our personal information



Cathcart Street PSHE Year Group Overviews 2026/27



Spring 2	Relate	We are learning how to understand and celebrate our differences. We are learning what Stop, Understand and Consider means and how it can help We are learning how to better understand differences. We are learning how we can use our strengths in different ways We are learning what makes a good friend. We are learning how friends help us solve problems. We are learning why it is important to show gratitude to friends We are learning how Active Listening can help us to relate with others. We are learning how Active Listening can help us to Stop, Understand and Consider
	Safe Relationships	We are learning how to show privacy and set personal boundaries. We are learning what to do if someone pressures us to do something unsafe or uncomfortable
	Yasmin and Tom-	Lesson 2: My personal and private body parts and keeping safe (lesson revisited) Label the personal and private parts of bodies. Explain the difference between safe and unsafe touches. Know that no one has the right to touch us in a way that feels unsafe, not even someone in our family. Lesson 3: Body care Name at least one brilliant thing about our body. Explain which parts of the body we particularly need to keep clean as we get older



Cathcart Street PSHE Year Group Overviews 2026/27



	NSPCC	PANTS- we are learning about the importance of treating others respectfully and how the PANTS rules can help
Summer 2	Economic Wellbeing Ourselves, growing and changing	We will discuss money and how we made choices when spending it. We will explore the difference between needs and wants We will discuss how we can keep track of money We will celebrate the amazing things you've achieved this year and discuss how to prepare for the move to a new class



Cathcart Street PSHE Year Group Overviews 2026/27



Year 5		
Autumn 1	Meet Your Brian	We are learning all about our brains. We are learning how you can train your mind. We are learning how each part of Team H-A-P works We are learning why the Amygdala behaves the way it does. We are learning what triggers our Amygdala We are learning how to calm our Amygdala. We are learning what Neurons and Neural Pathways are. We are learning how habits can be formed. We are learning how to look after our brains. We are learning how Happy Breathing is really good for our brains We are learning what happens in our brain when we are feeling stressed. We are learning all about the role of Cortisol. We are learning how to manage our Cortisol levels.
	PSHE Association Drugs and alcohol	Lesson 1: Medicines - To learn how the correct use of medicines, and vaccinations, can help to maintain health and wellbeing. Lesson 2: Legal and illegal drugs- To learn about some of the risks and effects of legal and illegal drug use.
Autumn 2	Celebrate	We are learning about our Character Strengths and their main types through Virtues. We are learning which strengths we use the most. We are learning why it is important to use our strengths We are exploring the strengths in even more detail.



Cathcart Street PSHE Year Group Overviews 2026/27



		We are learning which strengths we use most. We are learning why it is important to use our strengths We are learning about the strengths in more detail. We are learning how to grow our strengths. We are learning how we use our Top 5Strengths We are learning how we can use our strengths indifferent situations. We are learning how strengths help us to be at our best. We are learning how our strengths can help us when we are worried about something.
Spring 1	Appreciate	We are learning what appreciation means. We are learning why gratitude is important. We are learning how to develop a deeper sense of gratitude. We are learning what happens when we give and receive gratitude. We are learning what the Gratitude Domino Effect is. We are learning what 3 things are important to appreciate We are learning which hormone gets released when we give or receive gratitude. We are learning how to create a habit of giving gratitude. We are learning how gratitude can help us to face problems. We are learning how to appreciate ourselves. We are learning about the links between Character Strengths and Gratitude for ourselves.
	Healthy Lifestyles	We are learning to look after our physical health. We are learning about the positive and negative effects of habits
Spring 2	Relate	We are learning how to understand and celebrate our differences.



Cathcart Street PSHE Year Group Overviews 2026/27



	Friendships	We are learning what 'Stop, Understand and Consider' means and how it can help. We are learning how to better understand differences. We are learning how we can use our strengths in different ways We are learning what makes a good friend. We are learning how friends help us solve problems. We are learning why it is important to show gratitude to friends We are learning how Active Listening can help us to relate to others. We are learning how Active Listening can help us to Stop, Understand and Consider
	Families and close positive relationships	We are learning what makes friendships healthy, how online friendships differ from in-person ones and how peer pressure can affect them We will discuss how we should ask for help if a friendship makes us feel uncomfortable. We are learning the different types of families and relationships.
Summer 1	Engage	We are recapping on all the habits we've learnt so far. We are learning about what we engage in. We are learning how we can feel good. We are learning how we can Feel Good and Do Good. We are learning what Big Dream Goals are. We are learning how our feelings affect our engagement levels



Cathcart Street PSHE Year Group Overviews 2026/27



		We are learning how perseverance and resilience help us. We are learning how to stay focussed on our goals. We are learning how we already have the skills of perseverance and resilience. We are bringing our myHappyMind journey to an end for the year. We are recapping on everything we have learnt about ourselves this year
	Yasmin and Tom-	Lesson 1: Changes at puberty Identify some of the changes that happen to our bodies. Describe who to talk to when we need help dealing with puberty. Ask for support for any changes that are difficult to manage. Lesson 2: Periods (menstruation) Explain what a period (menstruation) is. Suggest ways to overcome possible problems from periods
	NSPCC	PANTS- we are learning about the importance of treating others respectfully and how the PANTS rules can help
	Ariel Trust	Refusal Skills and Social Media (x 5 sessions) Seeking Help- a response to indecent images (x 5 sessions)



Cathcart Street PSHE Year Group Overviews 2026/27



Year 6		
Autumn 1	Meet Your Brian	We will be learning all about our brain and how it works. We will be learning about how our feelings impact our brain. We will be learning about different ways to look after our brains so we can be our best selves We are learning how to develop healthy habits to look after our mind.
	Shared Responsibilities	We will explore why rules and laws exist, the importance of human rights and how rights and responsibilities are linked
	Showing respect and managing hurtful behaviour	We are learning about bullying, both online and offline. We will discuss how we can respond to bullying and challenge hurtful behaviour.
	PSHE Association Drugs and alcohol	Lesson 3: Influences and pressure-To learn about the reasons why people use drugs, and how to manage peer influence. Lesson 4: Tobacco, vaping and alcohol in the media- To learn how mixed messages about drug use in the media can influence opinions and decisions.



Cathcart Street PSHE Year Group Overviews 2026/27



Autumn 2	Celebrate	We are learning all about what character is. We are learning about our Character Strengths and how we can use them to be at our best We are learning about each of the Virtues and Character Strengths. We are learning about our own strengths and which ones we would like to grow
	Communities	We will learn about what makes communities special, why we should value diversity, and how to challenge unfair ideas or actions
Spring 1	Appreciate	We are learning about the importance of gratitude. We are learning to be grateful for ourselves, others and experiences. We are learning how to establish an Attitude of Gratitude and how it can help us to be the best that we can be. We are learning how to practise sharing gratitude with others and the positive effects this has on our wellbeing.
	First Aid	We are learning about first aid and what to do in an emergency
	Drugs Alcohol and Tobacco	We are learning about drugs, alcohol and tobacco and why people make choices around using them. We are learning about different laws that are in place surrounding drugs, alcohol and tobacco and how we can seek help if we are worried about anything to do with this topic.



Cathcart Street PSHE Year Group Overviews 2026/27



	Media Literacy and Digital Resilience	We will discuss the benefits and disadvantages of using the Internet and social media. We will explore ge restrictions and how to stay safe online
Spring 2	Relate	We are learning how to have good relationships with others. We are learning all about Active Listening and how to use it to build relationships with others. We are learning how understanding our Character Strengths can help us to get along with and relate to others
	Safe Relationships	We are learning to build safe and respectful relationships. We will discuss privacy, boundaries, consent, and what to do if something feels unsafe or uncomfortable
	Yasmin and Tom-	Lesson 4: Making babies - sexual intercourse (optional opt out) Describe fertilisation through sexual intercourse. Explain how a baby is made and that different people use different methods to do this. Describe what consent means. Know the age of consent. Lesson 5: Making babies - Assisted fertility and multiple births (optional opt out) Explain that some people have help to become pregnant.



Cathcart Street PSHE Year Group Overviews 2026/27



		Explain why some people need assistance to make a baby. Describe the difference between identical and non-identical twins. Lesson 6: Making babies - Pregnancy and birth (optional opt out) Know how long an average pregnancy lasts. Explain why a pregnancy lasts approximately 40 weeks. Identify and explain why some things should and should not be eaten in pregnancy. Describe how babies are born (delivered)
Summer 1	Engage	We are recapping on all of the strategies that we have learnt to help us to feel our best. We are starting to review how effectively we are using these habits and how we can use them even more. We are reviewing how to help ourselves feel good and do good. We are learning about how Goal Setting can help us to achieve even more.
	Be Your Best Be Your Best (SATS Preperation)	Session 1 - Intro and Creating a Positive Mindset Session 2 - Getting Mentally Fit Session 3 - Remembering who YOU are Session 4 - The Importance of Active Listening Session 5 - Goal Setting The day before Session 6 - Be Your Best Checklist After The Test -Celebrate and Reflect
Summer 2	Transition	We are learning why it is important to understand how our brains work. We are learning to understand the key parts of the brain.



Cathcart Street PSHE Year Group Overviews 2026/27



	We are learning what happens in our brain when we experience different emotions We are learning how we can deepen our understanding of what is going on in our brains. We are learning how to manage our thoughts. We are learning to develop strategies for managing our emotions We are learning to manage our brains in times of stress. We are learning to use strategies to help us when we are feeling worried. We are learning how our brains can help us We are learning what character is. We are learning why character matters. We are learning to define our own character We are learning to look at our strengths in more detail. We are learning more about strengths mean and how we use them. We are learning to use new tools to reinforce our strengths We are learning how to grow our strengths. We are learning strategies to develop certain strengths We are learning what gratitude is. We are learning why gratitude matters. We are learning how to establish gratitude habits We are learning how we can use gratitude to support us through transitions. We are learning to build our Gratitude Character Strength We are learning how we make friends. We are learning what matters in friendships. We are learning how our strengths can help us make friends and keep friends. We are learning what friendships are. We are learning how friendships are formed
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Cathcart Street PSHE Year Group Overviews 2026/27



		We are learning why friendships are so meaningful. We are learning what it takes to feel good. We are learning that how we feel affects what we achieve. We are learning how to set goals We are learning to use Goal Setting to support us through transitions. We are learning to develop Goal Setting skills and work towards key goals. We are learning to make links between Goal Setting and building your strengths
	Ariel Trust	Resisting Grooming by Gangs (x 4 sessions) Resisting Radicalisation (x 3 sessions)

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NSPCC- <https://learning.nspcc.org.uk/research-resources/schools/pants-teaching>