

PSHE Curriculum Overview including RSE

Cycle A 2025-26	Year 1 / 2	Year 3 / 4	Year 5 / 6
Autumn Relationships	Families and friendships Roles of different people; families; feeling cared for	Families and friendships What makes a family; features of family life	Families and friendships Attraction to others; romantic relationships; civil partnership and marriage
	Safe Relationships Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Safe relationships Personal boundaries; safely responding to others; the impact of hurtful behaviour	Safe relationships Recognising and managing pressure; consent in different situations Yasmin and Tom lessons 2,3,4,15
	Respecting ourselves and others How behaviour affects others; being polite and respectful	Respecting ourselves and others Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Respecting ourselves and others Expressing opinions and respecting other points of view, including discussing topical issues
Spring term Living in the Wider World	Belonging to a community What rules are; caring for others' needs; looking after the environment	Belonging to a community The value of rules and laws; rights, freedoms and responsibilities	Valuing diversity; challenging discrimination and stereotypes
	Media literacy and digital resilience The internet in everyday life; online content and information	Media literacy and Digital resilience How data is shared and used	Media literacy and Digital resilience Evaluating media sources; sharing things online
	Money and work Strengths and interests; jobs in the community	Money and Work Different jobs and skills; job stereotypes; setting personal goals	Money and Work Influences and attitudes to money; money and financial risks
Summer term Health and Wellbeing	Physical health and Mental wellbeing Keeping healthy; food and exercise, hygiene routines; sun safety	Physical health and Mental wellbeing Health choices and habits; what affects feelings; expressing feelings	Physical health and Mental wellbeing What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online

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	Growing and changing Growing older; naming body parts; moving class or year	Growing and changing Personal strengths and achievements; managing and reframing setbacks	Growing and changing Human reproduction and birth; increasing independence; managing transitions Year 5 (taken from Year 4 objectives) Growing and changing Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty Year Six Yasmin and Tom lessons 10,11,12 Year Five Yasmin and Tome lessons 7, 8 and 9
	Keeping safe How rules and age restrictions help us; keeping safe online	Keeping safe Risks and hazards; safety in the local environment and unfamiliar places	Keeping safe Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media
Cycle B 2026-2027	Year 1 / 2	Year 3 / 4	Year 5 / 6
Autumn term Relationships	Families and friendships Making friends; feeling lonely and getting help	Families and friendships Positive friendships, including online	Families and friendships Managing friendships and peer influence
	Safe relationships Recognising privacy; staying safe; seeking permission	Safe relationships Responding to hurtful behaviour; managing confidentiality; recognising risks online	Safe relationships Physical contact and feeling safe Yasmin and Tom lessons 5 and 6
	Respecting ourselves and others Recognising things in common and differences; playing and working cooperatively; sharing opinions	Respecting ourselves and others Respecting differences and similarities; discussing difference sensitively	Respecting ourselves and others Responding respectfully to a wide range of people; recognising prejudice and discrimination Yasmin and Tom 13 and 14
Spring term	Belonging to community	Belonging to a community	Belonging to a community

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Living in the Wilder World	Belonging to a group; roles and responsibilities; being the same and different in the community	What makes a community; shared responsibilities	Protecting the environment; compassion towards others
	Media literacy and digital resilience Using the internet and digital devices; communicating online	Media literacy and Digital resilience How the internet is used; assessing information online	Media literacy and Digital resilience How information online is targeted; different media types, their role and impact
	Money and work The internet in everyday life; online content and information	Money and Work Making decisions about money; using and keeping money safe	Money and Work Identifying job interests and aspirations; what influences career choices; workplace stereotype
Summer term Health and Well Being	Physical health and Mental wellbeing Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Physical health and Mental wellbeing Maintaining a balanced lifestyle; oral hygiene and dental care That common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary	Physical health and Mental wellbeing Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies
	Growing and changing Recognising what makes them unique and special; feelings; managing when things go wrong		Growing and changing Personal identity; recognising individuality and different qualities; mental wellbeing Year 5 (taken from Year 4 objectives) Growing and changing Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty Puberty and Sex Education Year Six Yasmin and Tom lessons 10,11,12 Year Five Yasmin and Tom lessons 7, 8 and 9

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	Keeping safe How rules and age restrictions help us; keeping safe online	Keeping safe Medicines and household products; drugs common to everyday life	Keeping safe Keeping safe in different situations, including responding in emergencies, first aid and FGM
Notes			