

PSHE + RSHE Curriculum Quick Glance Overview 2026-2027

	Autumn 1 My healthy self	Autumn 2 Connecting with others	Spring 1 The online World	Spring 2 Citizenship	Summer 1 Health Protection	Summer 2 Staying safe
Y1	How can we look after our emotions?	How can I help myself and others feel happy and safe?	How do we spend time online?	How can I help others and the environment?	How can I protect myself and others in daily life?	How can I stay safe?
	Autumn 1 My healthy self	Autumn 2 Connecting with others	Spring 1 The online World	Spring 2 Citizenship	Summer 1 Growing up	Summer 2 Staying safe
Y2	How can we look after our bodies?	How can I build safe, kind and caring relationships with others?	How can we stay safe online?	How do people belong to a community and earn money?	How can we look after and respect our bodies as we grow?	How can I make safe choices in different places?
	Autumn 1 My healthy self	Autumn 2 Connecting with others	Spring 1 The online World	Spring 2 Citizenship	Summer 1 Health Protection	Spring 2 Citizenship
Y3	How can I take care of my mind and body?	What helps us feel safe and included?	How should we communicate online?	What rights and responsibilities do we have?	How can we prevent illness and injury and respond if they happen?	What careers do people choose and why?
	Autumn 1 My healthy self	Autumn 2 Connecting with others	Spring 1 The online World	Spring 2 Citizenship	Summer 1 Growing up	Summer 2 Staying safe
Y4	How can I make healthy choices?	How can we respect each other?	How can we decide what to trust online?	How can we spend money responsibly?	How will my body and emotions change as I grow up?	What signs help me recognise what is safe or unsafe?
	Autumn 1 My healthy self	Autumn 2 Connecting with others	Spring 1 The online World	Spring 2 Citizenship	Summer 1 Growing up	Summer 2 Citizenship
Y5	How can I support my mind and body as I grow?	Why are healthy relationships important?	How am I influenced by what I see online?	How can we make a difference in our communities and beyond?	How can I manage the changes to my body and emotions as I grow up?	How can we be in control of our money?
	Autumn 1 My healthy self	Autumn 2 Connecting with others	Spring 1 The online World	Spring 2 Citizenship	Summer 1 Growing up	Summer 2 Sex Education
Y6	How do my choices today shape my future health?	What does it mean to stand up for myself and others?	How do I feel about the things I see online?	How can we protect everyone's rights?	How can I stay safe as I grow up?	How do people become parents and carers?
						Summer 2 Health Protection
						First aid

PSHE + RSHE Curriculum Long Term Plan 2026-2027

PSHE + C & RSE Long-term plan - unit summaries

Early Years: see Early Years overview.		Transition (summer term, Meet the Teacher): This unit supports pupils as they prepare to move into a new year group or, for Year 6, on to secondary school. Pupils explore the changes, challenges and opportunities that transition can bring, while developing strategies to manage worries and build confidence.				
Year	My healthy self Autumn 1	Connecting with others Autumn 2	The online World Spring 1	Citizenship Spring 2	Health Protection Summer 1	Staying safe Summer 2
Y1	How can we look after our emotions? Recognising and naming a range of emotions, pupils learn to identify facial and body clues linked to feelings. They explore what helps them feel calm and happy, understand the importance of rest and enjoyable activities, and practise simple strategies for managing different emotions	How can I help myself and others feel happy and safe? Identifying what makes them and others special, pupils learn how friends, family and classmates can help and support each other. They explore how respect is shown through behaviour in different situations and identify simple strategies for managing disagreements in families and friendships.	How do we spend time online? Understanding how to stay safe and respectful online and recognising the different ways people use the internet in everyday life. Pupils compare online and offline activities, explore appropriate online behaviour and identify strategies for staying safe and responding to unsuitable content.	How can I help others and the environment? Learning how people can care for others and the environment through exploring the needs of babies, young children and pets, alongside ways to improve their school and local area. Pupils investigate how rules help communities stay safe, happy and fair, and consider how they can make a positive contribution to the world around them.	How can I protect myself and others in daily life? Exploring illnesses and injuries, understanding the roles of different healthcare workers in prevention and treatment and practising how to get medical help. Pupils investigate how germs spread, practise ways to reduce the risk of illness and learn when and how to seek help in an emergency.	How can I stay safe? Recognising how rules help to keep people safe by identifying everyday hazards and understanding situations that could cause harm. Pupils explore ways to stay safe around roads and potentially dangerous items, recognise body clues that signal a problem and learn how to seek help from a trusted adult when needed.
Year	My healthy self Autumn 1	Connecting with others Autumn 2	The online World Spring 1	Citizenship Spring 2	Growing up Summer 1	Staying safe Summer 2
Y2	How can we look after our bodies? Understanding how everyday choices support health and wellbeing by exploring the effects of movement, sleep, food and drink on the body. Pupils identify healthy habits, including eating fruit and vegetables, drinking water, resting well and caring for their teeth, before planning a simple healthy daily routine.	How can I build safe, kind and caring relationships with others? Recognising how families and communities can be similar and different, pupils learn about kindness, respect and positive relationships. Pupils recognise unkind behaviour, including bullying, explore personal space, privacy and boundaries and identify trusted adults who can help them when they feel worried or unsafe.	How can we stay safe online? Developing an understanding of how people use the internet safely, including sharing information, protecting private information and recognising that not everything online is real. Pupils apply their understanding by identifying safe and unsafe online situations, evaluating online content and explaining how to respond safely when they need help.	How do people belong to a community and earn money? Exploring communities, belonging and money through learning about the groups people belong to, the jobs people do and where money comes from.	How can we look after and respect our bodies as we grow? Recognising how people grow and change over time through learning about physical development, privacy and personal boundaries. Pupils learn that change is a normal part of growing up, use the correct scientific names for private body parts and identify trusted people who can help if they feel worried or unsafe.	How can I make safe choices in different places? Understanding that unsafe situations at home and in public, including common hazards and behaviours that can make someone feel unsafe. Pupils identify when words, actions or touch are not okay, practise saying no and learn how and when to seek help from a trusted adult.
Year	My healthy self Autumn 1	Connecting with others Autumn 2	The online World Spring 1	Citizenship Spring 2	Health Protection Summer 1	Citizenship Summer 2

Y3	How can I take care of my mind and body? Examining the connection between the mind and body by recognising and describing a wide range of emotions and feelings. Pupils identify habits that support healthy sleep, consider the impact of bullying on wellbeing and learn how and where to access support when needed.	What helps us feel safe and included? Recognising their own strengths, qualities and boundaries, pupils develop self-worth and confidence in expressing themselves respectfully. Pupils explore how families and friendships provide support, practise ways to repair friendships and identify different types of bullying and how to respond to them.	How should we communicate online? Exploring online and in-person communication, including respectful behaviour, misunderstandings and how communication can affect safety online. Pupils identify unsafe online situations, consider how to respond to online bullying and apply their understanding to communicate safely and respectfully online.	What rights and responsibilities do we have? Learning about rights, responsibilities and citizenship by exploring children's rights, human rights and why they matter. Pupils explore how responsible choices support people and the environment, including reducing waste and understanding how local councils help meet the needs of their communities.	How can we prevent illness and injury and respond if they happen? Investigating how healthy habits, medicines and healthcare help prevent illness and protect wellbeing. Pupils apply their understanding by making informed decisions about hygiene, sun safety and seeking medical help, while practising basic first aid and learning when to call 999.	What careers do people choose and why? Exploring careers, aspirations and equality by learning about different jobs, why people choose them and how careers can change over time. Pupils consider how interests, strengths and pay can influence career choices, while recognising and challenging gender stereotypes in the workplace.
Year	My healthy self Autumn 1	Connecting with others Autumn 2	The online World Spring 1	Citizenship Spring 2	Growing up Summer 1	Staying safe Summer 2
Y4	How can I make healthy choices? Understanding how healthy choices support both physical and mental wellbeing by exploring exercise, nutrition and hydration. Pupils identify strategies for developing a growth mindset and recognise how acts of kindness and helping others can have a positive impact on themselves and those around them.	How can we respect each other? Examining respectful and disrespectful behaviour by considering how actions and expectations can vary in different settings. Pupils develop strategies for building trust and resolving friendship challenges, practise responding to bullying and learn how stereotypes can negatively affect people and communities.	How can we decide what to trust online? Developing critical thinking skills through exploring how information is found, shared and presented online. Pupils evaluate the reliability of digital content by checking sources, identifying misleading information and comparing evidence before deciding what to believe.	How can we spend money responsibly? Learning about managing money by examining the different ways people pay for things, including cash and bank cards. Pupils develop an understanding of budgeting, value for money and responsible financial decision-making, while considering how money can influence people's feelings and choices.	How will my body and emotions change as I grow up? Learning about the physical and emotional changes that occur during puberty, pupils recognise that these changes are normal and happen at different times for everyone.	What signs help me recognise what is safe or unsafe? Developing personal safety skills by recognising warning signs, responding to uncomfortable situations and seeking help in an emergency. Pupils identify safe ways to cross roads, explore the dangers of water and learn how to distinguish between medicines and harmful substances.
Year	My healthy self Autumn 1	Connecting with others Autumn 2	The online World Spring 1	Citizenship Spring 2	Growing up Summer 1	Citizenship Summer 2
Y5	How can I support my mind and body as I grow? Understanding how everyday choices can support physical and emotional wellbeing by exploring nutrition, physical activity and self-regulation. Pupils learn to read food labels, identify	Why are healthy relationships important? Investigating identity, values and relationships by considering how experiences and beliefs can influence choices and behaviour. Pupils examine the role of commitment and support within families, identify where	How am I influenced by what I see online? Considering how online content can influence choices by examining advertising, influencers and persuasive techniques used online. Pupils develop critical thinking skills by considering spending decisions, recognising	How can we make a difference in our communities and beyond? Developing active citizenship skills through exploring how people can make a difference in their communities and beyond. Pupils learn how	How can I manage the changes to my body and emotions as I grow up? Understanding the physical and emotional changes that happen during puberty, including their impact on feelings, behaviour and relationships. Pupils	How can we be in control of our money? *awaiting content from KAPOW

	ways to build more movement into their routines and practise strategies for managing emotions and seeking support when needed.	to seek help if home feels unsafe and develop strategies for building and maintaining healthy friendships.	possible scams and identifying strategies to respond safely to pressure and persuasion.	individuals, community and pressure groups, local councillors and MPs can influence change in government.	explore personal hygiene, periods, kindness, respect and personal boundaries, and identify trusted sources of support during puberty.	
Year	My healthy self Autumn 1	Connecting with others Autumn 2	The online World Spring 1	Citizenship Spring 2	Staying safe Summer 1	Sex Education Summer 2
Y6	How do my choices today shape my future health? Learning about the importance of daily dental care and how choices about food, drink and lifestyle can affect long-term health and wellbeing. Pupils think critically about healthy eating, including calories as a unit of energy, and consider how habits and reactions can influence relationships, learning and future success. They also explore how a growth mindset can build confidence and resilience when facing challenges.	What does it mean to stand up for myself and others? Developing self-respect and resilience by setting personal goals and practising respectful behaviour in different situations, including online. Pupils build skills in setting boundaries, challenging stereotypes, discrimination and bullying, and recognising when to seek help from trusted adults and support services.	How do I feel about the things I see online? Exploring how online experiences can influence our thoughts, feelings and behaviour, and recognising online risks to support safe decision-making, including learning how to respond to online bullying and other harmful behaviour.	How can we protect everyone's rights? Exploring human rights, laws and how the legal system helps uphold fairness in society. Pupils consider the consequences of breaking laws, examine prejudice and discrimination, and identify ways to challenge stereotypes to promote equality and inclusion.	How can I stay safe as I grow up? Developing understanding of hazards, risks and safer choices by exploring how to stay safe at home, outdoors, on public transport and around water. Pupils also consider how peer pressure, consent, boundaries and drug misuse can affect decisions and learn strategies to protect themselves and others.	How do people become parents and carers? Learning the correct terminology for body parts, pupils develop an understanding of how babies are conceived, grow during pregnancy and are born. They learn about consent and the legal age of consent, explore different types of families, and understand the responsibilities and lifelong commitment involved in having a baby.