

PSHE Curriculum 2026-2027



Relationships

Keeping Safe

Understanding the Law

Wellbeing

	Autumn 1 (8 weeks)	Autumn 2 (7 weeks)	Spring 1 (6 weeks)	Spring 2 (5 weeks)	Summer 1 (7 weeks)	Summer 2 (6 weeks)
	Halloween Show Racism the Red Card Black History Month	Bonfire Night – Fire Safety Antibullying Week	Safer Internet Day Road Safety Visit – Fire Brigade Y3/4 Pedestrian Training Children’s Mental Health Week	Money Matters	Railway Safety Focus Police PSCO Visit	RNLI Water Safety Visit Water Safety Rail safety
Year 1 & 2 Cycle A	- How can I make friends? (Y1) - What do feelings feel like? (Y1) - How are we the same? How are we different? (Y2) - What is a family? (Y2)	- What makes me special? (Y1) - How can I be an empathy expert? (Y1) - Why are relationships important? (Y2) - How can I deal with change? (Y2)	- How can I keep safe in new places? (Y1) - Who are my trusted adults? (Y1) - What is the internet? (Y2) - How can I keep safe online? (Y2) Mental Health Week	- What is private information? (Y1) - How can I speak up? (Y1) - What are private body parts? (Y2) - What are different types of meetings? (Y2)	- Why have different rules in different places? (Y1) - What can happen when rules are broken? (Y1) - What are needs and wants? (Y2) - What is money? (Y2)	- How can I share my feelings? (Y1) - What does it mean to be healthy? (Y2) - How can I look after my body? (Y2) - Why is sleep important? (Y2)
Year 1 & 2 Cycle B	- What if my friends are making me feel sad? (Y1) - How can I be an ally? (Y1) - How can I work with different people? (Y2) - How do I share family worries? (Y2)	- What is bullying? (Y1) - Why is name calling unkind? (Y1) - What are the risks of video gaming? (Y2) - When do I need to take a break? (Y2)	- How can I use things at home safely? (Y1) - What is 999? (Y1) - What are medicines? (Y2) - What is fire safety? (Y2) Mental Health Week	- What do the police do? (Y1) - Why does age matter? (Y2) - How can I be responsible? (Y1)	- What is a job? (Y2) - How can I be responsible? (Y1) <i>(if not taught above)</i> - What do the police do? <i>(or use for local community visitors/project)</i>	- KS1 Passport: What is empathy? - What is self-worth? - What is resilience? - What is respect?
Year 3 & 4 Cycle A	- Who are my key people? (Y3) - How should we treat people? (Y3) - What is a healthy friendship? (Y4) - How can we be role models? (Y4)	- What is diversity? (Y4) - What are protected characteristics? (Y4) - What is discrimination? (Y4) - What is bullying? (Y3)	- What are emergency services? (Y3) - What are emergency situations? (Y3) - How can I keep safe in my local area? (Y4) - How can we keep safe on the road? (Y4) Mental Health Week	- What do we mean by risk? (Y3) - When should I break a secret? (Y3) - What is first aid? (Y4) - What are hazards in the home? (Y4) First Aid – Calling for Help (Y3)	- What is the law and why do we have it? (Y3) - How can I be a responsible citizen? (Y3) - What are pupils' rights? (Y3) - How do we enforce the law? (Y3) First Aid – Basic Life support (Y3)	- What is mental health? (Y3) - What words can I use to talk about my feelings? (Y3) - How do my choices help me to be healthy? (Y4) - What are healthy habits? (Y4)
Year 3 & 4 Cycle B	- What can I do when friendships go wrong? (Y3) - What do we mean by consent in friendships? (Y3) - What is peer influence? (Y4) - How does school help me? (Y3)	- What is a hate crime? (Y4) - Who do I encounter? (Y4)	- How can I share my worries? (Y3) - How can intense feelings feel? (Y3) - What is my body trying to tell me? (Y4) - How does school build my character? (Y4) Mental Health Week	- What am I good at? (Y3) - What can I be? (Y4) - How can vaccinations support our health? (Y3) First Aid – Asthma (Y4)	- How can I respect my environment? (Y4) - Who makes up my community? (Y4) First Aid – Bleeding (Y4)	- Why is food fuel? (Y4) - How can I be a hygiene hero? (Y4) - KS2 Passport: What is empathy? - KS2 Passport: What is self-worth?
Year 5	How can my adult relationships affect my future?	- What are my personal boundaries? - What is peer pressure?	How can we use our phones sensibly?	- What are the risks with money? - What is gambling?	How might being online impact the way I feel?	What is my personal identify?

	2. Why are special people important? 3. How do rules help our community? Risk: Vaping Workshop	3. What are online friendships? 4. What is grooming? 5. Anti-bullying Week: How do words have power?	2. What can and can't I do on the internet? 3. What is media literacy? 4. What is media influence? 5. What are deep fakes? Mental Health Week	3. How do we keep our things safe? 4. What do I know about drugs? First Aid – Allergies (Y5)	2. How might school impact the way I feel? 3. How can drugs and alcohol make people feel? First Aid – Head injuries (Y5)	2. What are the physical and emotional changes during puberty for both boys and girls? 3. How might puberty impact the way I feel? 4. What are the biological developments of babies from conception through to pregnancy and birth? 5. How might my activity levels impact the way I feel?
Year 6	1. What is a debate? 2. How can we respect different relationships? 3. What does the law say about marriage? 4. How can we be allies against racism? 5. How can we challenge sexism?	1. What is my relationship with authority? Risk: Substance Misuse Workshop First Aid – Choking (Y6)	1. Why does media have age restrictions? 2. How is my data shared? 3. What is anti-social behaviour? 4. What is a weapon? 5. What is shop theft? Mental Health Week	1. What different types of crime are there? 2. What does the law say about drugs? 3. What is spiking? 4. What is the issue with addiction? Simon Carson – Game of Actual Life	1. How can I manage moving to secondary school effectively? 2. How can I get ready for secondary relationships? 3. How can I re-frame my thinking? 4. What is grief? First Aid – Bites and stings (Y6)	1. What does adulthood look like? 2. How can I seek support for my mental health? 3. What are the physical and emotional changes during puberty? Recap together. First Aid – Burns and scalds (Y6)