



This is the long term overview for the entire Personal, Social and Health Education (PSHE) curriculum for our school. It includes the lessons on Relationships, Sex education and Health Education (RSE and health education). **These have been highlighted in green for each year group.** There are only two lessons in Year 6 that are not statutory lessons and parents have the right to withdraw their children from these.

EYFS	<u>Self-Regulation:</u> My Feelings L1: Identifying my feelings. L2: To identify and express my feelings L3: Coping Strategies L4: Describing feelings L5: Facial expressions L6: creating a calm corner <u>Building Relationships:</u> Special Relationships L1: My family L2: Special people L3: Sharing L4: I am unique L 5: My interests L6: Similarities and differences		<u>Managing Self:</u> Taking on challenges L1: Why do we have rules? L2: Building towers L3: Team den building L4: Grounding L5 Team races L6 To learn new skills, showing resilience and perseverance in the face of challenge. <u>Self-Regulation:</u> Listening and following instructions. L1: The importance of listening carefully L2: Listening carefully to stories. L3; The importance of listening carefully and telling the truth L4: To follow instructions or actions and persevere when things get difficult. L5:To learn to follow instructions involving several ideas or actions. To give simple instructions.		<u>Building Relationships:</u> My family and friends. L1: Festivals L2: Sharing L3: What makes a good friend? L4: Being a good friend L5: Teamwork L6 celebrating friendships <u>Managing Self:</u> My Wellbeing L 1: What is exercise? L 2: Yoga and relaxation. L3: Looking after ourselves. L4: Being a safe pedestrian. L5: Eating healthily. L6: A rainbow of food.
Week	Autumn		Spring		Summer 2027
Wk 1 3.9.26	Settling in week- PHSE Can we do fantastic listening, lining up, walking, sitting, tidying up.	WK 5.1.27	Managing self: Taking on challenges (6 lessons) Lesson 1: Why do we have rules? Lesson 2: Building towers	WK 13.4.27	Building Relationships: My family and friends Lesson 1: Festivals
Wk 2 7.9.26	Settling in week- PHSE Can we do fantastic listening, lining up, walking, sitting, tidying up.	WK 11.1.27	Not this week	WK 19.4.27	L2: Sharing
Wk 3 14.9.26	Self-regulation: My feelings L1: Identifying my feelings L2:To identify and express my feelings	WK 18.1.27	Lesson 3: Team den building	WK 26.4	L3: What makes a good friend?

WK 4 21.9.26	Focus on promoting PHSE covered so far during continuous provision	25.1.27	Lesson 4: Grounding	WK 3.5.27	L4: Being a good friend?
WK 5 28.9.26	L3: Coping strategies	WK 1.2.27	Not this week	WK 10.5.27	L5: Teamwork?
Wk 6 5.10.26	L4: Describing feelings L5: Facial expressions	WK 8.2.27	Lesson 5: team races	WK 17.5.27	Not this week
WK 7 12.10.26	Encourage the children to use calm spaces to allow them to settle and regulate their emotions.	WK 22.2.27	Self-Regulation: Listening and following instructions L1: The importance of listening carefully L2: Listening carefully to stories	WK 24.5.26	Managing self: My well being . L1: What is exercise?
WK 8 19.10.26	Focus on promoting PHSE covered so far during continuous provision	WK 1.3.27	Not this week	WK 7.6.27	L2: Yoga and relaxation
WK 1 2.11.26	Building relationships: Special Relationships L1: My family L2: Special people	WK 8.3.27	Lesson 3: Pass the whisper L.O: To understand the importance of listening carefully, telling the truth and thinking of others' feelings.	WK 14.6.27	L3: Looking after ourselves.
WK 2 9.11.26	L3: Sharing	WK 15.3.27	Lesson 4: Obstacle races L.O: To follow instructions or actions and persevere when things get difficult. Lesson 5: Blindfold walk L.O: To learn to follow instruction involving several ideas or actions. To give simple instructions.	Wk 21.6.27	L4: Being a safe pedestrian
WK 3 16.11.26	L4: I am unique	WK 22.3.27	Not this week	WK 28.6.27	L5: Eating healthy
WK 4 23.11.26	L5: My interests		Shorter term than autumn	WK 5.7.27	L6: A rainbow of food.
WK 5 30.11.26	L6: Similarities and differences			WK 12.7.27	Celebrating our year in foundation/Transition What have we achieved? What are we looking forward to in Year 1
WK 6 7.12.26	Time to focus on working on a team to put on a production			19.7.27 2 days	Well being lesson-kind words Being animals
WK 7 14.12.26	Time to focus on working as a team to put on a production				

Year 1					
Week	Autumn 2026		Spring 2027		Summer 2027
3.9.26	Please look at the well being curriculum and use this time to settle the children into their new setting.	5.1.2 7	The online world: How do we spend time online? L1:When am I online?	13.4.2 7	L6: How can we help for serious injuries or illness?
7.9.26	_ My healthy Self: How can we look after our emotions 8 Lessons Pre lesson Introduction: Setting ground rules for RSE& PSHE	11.1. 27	L2:What can I do online and what can I do in person?	19.4.2 7	Staying safe: How can I stay safe? L1:How can I stay safe at home? To identify what is safe and unsafe in the home.
14.9.26	Lesson1:What emotions can we recognise	18.1. 27	L3: How should I behave when I use a device?	26.4.2 7	L2: What is safe for our bodies?
21.9.26	Lesson 2:When and why do people show different emotions	25.1. 27	L4: How can I balance screen time with in person activities?	3.5.27	L3: What rules keep me safe?
28.9.26	Lesson3:How can emotions change	1.2.2 7	L5: What should I do if I see something online that worries me?	10.5.2 7	L4: How can I stay safe near roads?
5.10.26	Lesson 4: What helps us to feel calm or excited.	8.2.2 7	L6: How can I stay safe online?	17.5.2 7	L5: How might my body feel when something is unsafe? To notice how I feel when something is unsafe.
12.10.26	Lesson 5: What might make us feel worried, annoyed or upset	22.2. 27	Health protection: how can I protect myself and others in daily life? L1: How and why do we wash our hands?	24.5.2 7	L6: Who can keep me safe? To recognise who and how to ask for help.
19.10.26	Lesson 6:What can we do when our feelings get tricky.	1.3.2 7	L2: How can I protect myself in any weather?	7.6.27	Citizenship: How can I help others and the environment? L1:
2.11.26	Connecting with others: How can I help myself and others feel happy and safe? 6 Lesson 1 What makes me special	8.3.2 7	L3: Who helps us stay healthy?	14.6.2 7	L2

9.11.26	Lesson 2: How do families show love and care for each other?	15.3.27	L4: What should I do if I feel unwell?	21.6.27	L3
16.11.26	Lesson 3: What helps me feel safe and cared for?	22.3.27	L5: How serious are different injuries?	28.6.27.	L4
23.11.26	Lesson 4: what is a friend?			5.7.27	Transition lesson- Helping to prepare for change (move this to where it best fits once transition dates are announced). Individual strengths and new skills
30.11.26	Lesson 5: How can we have a kind and friendly class?		Shorter term to the Autumn term	12.7.27	L5
7.12.26	Lesson 6: How should people behave towards others?			19.7.27 2 days	Well being lesson- Select a lesson from the well being curriculum
14.12.26	Well being lesson- Select a lesson from the well being curriculum				



Year 2					
Week	Autumn 2026		Spring 2027		Summer 2027
3.9.26	Please look at the well being curriculum and use this time to settle the children into their new setting.	5.1.27	L2:Who can see information shared online?	13.4.27	Staying safe:How can I make safe choices in different places? L1
7.9.26	My healthy self: How can we look after our bodies. L1: How does moving my body make	11.1.27	L3: What is private information?	19.4.27	L2

	me feel?				
14.9. 26	L2: Why is sleep important?	18.1.27	L4:How do I know if private information has been shared online?	26.4.27	L3
21.9. 26	L3: What foods can help me stay healthy?	25.1.27	L5: Is everything we see online real?	3.5.27	L4
28.9. 26	L4: How can I make some healthy food and drink choices?	1.2.27	L6: What should I do if something online worries me?	10.5.27	L5
5.10. 26	L5: What can I do to keep my teeth clean and healthy?	8.2.27	Growing up : How can we look after and respect our bodies as we grow? L1: How do we grow and change?	17.5.27	L6
12.10 .26	L6: How can I make healthy choices every day?	22.2.27	L2: How will I change as I grow up? To describe what people can do as they grow up.	24.5.27	Citizenship: How do people belong to a community and earn money? L1
19.10 .26	Connecting with others: How can I build safe, kind and caring relationships with others? L1: How are we all different and the same?	1.3.27	L3:Do I make the rules about my own body? To express personal boundaries using simple language.	7.6.27	L2
2.11. 26	L2: How are families different and the same? To recognise that all families are different and all are special.	8.3.27	L4: How can I talk about my body? To talk about body parts correctly.	14.6.27	L3
9.11. 26	L3: How can I show my feelings kindly and calmly?	15.3.27	L5: How can we show respect for each other's body?	21.6.27	L4
16.11 .26	L4: how can I let others know what is okay or not okay for me?	22.3.27	L6:Who can I talk to if I do not feel safe?	28.7.27	L5
23.11 .26	L5: Who can I talk to if something does not feel right?			5.7.27	L6
30.11 .26	L6: What should i do if someone is being unkind again and again?			12.7.25	Transition lesson- Helping to prepare for change (move this to where it best fits once transition dates are announced. Change
7.12. 26	The online world: How can we stay safe online? L1: What can we do online and how can we do it safely?			19.7 .27 (2 day s	Well being lesson- Select a lesson from the well being curriculum

14.12 .26					
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Year 3					
Week	Autumn 2026		Spring 2027		Summer 2027
3.9.26	Please look at the well being curriculum and use this time to settle the children into their new setting.	5.1.27	The online world: How should we communicate online? L1: How do we communicate online?	13.4.27	L6
7.9.26	<u>How can I take care of my mind and body?</u> Introduction: Setting ground rules for RSE& PSHE	11.1.27	L2: How can we be respectful when we communicate online?	19.4.27	Citizenships: What rights and responsibilities do we have? L1
14.9.26	L1: How do emotions affect my body?	18.1.27	L3: How can communication online sometimes be misunderstood?	26.4.27	L2
21.9.26	L2: How can I tell how someone else might be feeling?	25.1.27	L4:How should I respond to online bullying?	3.5.27	L3
28.9.26	L3: How are my mind and body connected?	1.2.27	L5: Why do we need to be careful when communicating online?	10.5.27	L4
5.10.26	L4: How does sleep help my mind and body?	8.2.27	L6: How can I keep myself safe online?	17.5.27	L5
12.10.26	L5: What can I do when I experience strong emotions?	22.6.27	How can we prevent illness, injury and respond if they happen? L1:	24.5.27	L6
19.10.26	L6: When should I ask an adult for emotional support?	1.3.27	L2	7.6.27	Citizenships: What careers do people choose and why? L1
2.11.26	Connecting with others: What helps us feel safe and included? L1: How can I respect myself?	8.3.27	L3	14.6.27	L2

9.11.26	L2: What are personal boundaries?	15.3.27	L4	21.6.27	L3
16.11.26	L3: What makes a family? To identify how families can spend time together and support each other.	22.3.27	L5	28.6.27	L4
23.11.26	L4: How can I be a good friend?			5.7.27	L5
30.11.26	L5: How can we repair a friendship after falling out?		Shorter term to the Autumn term	12.7.27	L6
7.12.26	L6: What are the different types of bullying.			19.7.27	Well being lesson- Select a lesson from the well being curriculum
14.12.26					



Year 4					
Week	Autumn 2026		Spring 2027		Summer 2027
3.9.26	Please look at the well being curriculum and use this time to settle the children into their new setting.	5.1.26	L2: Is all online content appropriate for me?	13.4.27	Staying safe: What signs help me recognise what is safe or unsafe? L1:How can I tell if a situation is unsafe? To identify warning signs that a situation may be unsafe.
7.9.26	My healthy self: How can I make healthy choices? Introduction: Setting ground rules for RSE& PSHE	11.1.27	L3: Why should we be careful what we trust online?	19.4.27	L2: What do I do if a situation feels unsafe?To respond to uncomfortable situations safely.
14.9.26	L1: What is a balanced diet and why does having one matter?	18.1.27	L4: how can we check if online information is reliable?	26.4.27	L3: How can I stay safe around traffic?
21.9.26	L2: How can being active help my mind and body?	25.1.27	L5: How can we use multiple sources to check online information?	3.5.27	L4: Why can water be dangerous?

28.9.26	L3: How can I keep my energy up throughout the day?	1.2.27	L6: Why should we question what we see online?	10.5.27	L5 : What drugs are safe or unsafe? To explain when drugs and medicines can be helpful or harmful.
5.10.26	L4: How can I get support for myself and others?	8.2.27	Growing up: How will my body and emotions change as I grow up? L1: What are body boundaries? To explain what body boundaries are and how to communicate them.	17.5.27	L6: How can I prevent accidents? To recognise hazards and explain how thinking ahead reduces risks.
12.10.26	L5: How can I respond when things feel hard?	22.2.27	L2: How will I grow and change during puberty? To explore how bodies change during puberty.	24.5.27	Citizenship: How can I spend money wisely? L1:
19.10.26	L6: Why is helping others good for me too?	1.3.27	L3: Which emotional changes could I experience when growing up? To explain how to manage emotions and feelings during puberty.	7.6..27	L2:
2.11.26	Connecting with others: How can we respect each other? L1: How can I show self respect?	8.3.27	L4: What is a period? To explain what a period is and how to manage it.	14.6.27	L3:
9.11.26	L2: How can I show respect to others?	15.3.27	L5:How can we show kindness and understanding about body changes? To describe how and why we should treat others with kindness and respect.	21.6.27	L4:
16.11.26	L3: How can I build trusting friendships?	22.3.27	L6: Who can I talk to about growing up and changes? To identify trusted adults and explain how they can help with worries about growing up and change.	28.6.27	L5:
23.11.26	L4: How can we solve friendship challenges?			5.7.27	L6:
30.11.26	L5: How should I respond to bullying?		Shorter term to the Autumn term	12.7.27	Well being lesson- Select a lesson from the well being curriculum
7.12.26	L6: What is a stereotype? To describe what stereotypes are and why they are unfair.			19.7.27 2 days	Well being lesson- Select a lesson from the well being curriculum
14.12.26	The online world: How can we decide what to trust online? L1:How can the internet be helpful and challenging?				

 Year 5					
Week	Autumn 2026		Spring 2027		Summer 2027
3.9.26	Please look at the well being curriculum and use this time to settle the children into their new setting.	5.1.27	L2: How are adverts chosen for me online?	13.4.27	Citizenship: How can we make a difference in our communities and beyond? L1:
7.9.26	My healthy self: How can I support my mind and body as I grow? L1:What do food labels really tell us?	11.1.27	L3: How else am I influenced online?	19.4.27	L2:
14.9.26	L2: How active am I and how can I move more?	18.1.27	L4: How do online trends shape our choices offline?	26.4.27	L3:
21.9.26	L3: what are the different types of physical activity?	25.1.27	L5: How does what we see online influence our viewpoints?	3..5.27	L4:
28.9.26	L4: How can I recognise complex feelings?	1.2.27	L6: How can some online messages be misleading?	10.5.27	L5:
5.10.26	L5: How can I respond to complex feelings?	8.2.27	Growing up: How can I manage the changes to my body and emotions as I grow up? L1: How will my body grow during puberty? To discuss the physical and emotional changes that happen during puberty.	17.5.27	L6:
12.10.26	L6: How can I recognise when someone might need support with their mental health? To recognise how to look after our mental health.	22.2.27	L2: How can I keep myself clean and hygienic?	24.5.27	Citizenship: How can we be in control of our money? L1:
19.10.26	Connecting with others: Why are healthy relationships important? L1: What makes me who I am?	1.3.27	L3: How can we treat others with kindness during puberty?	7.6.27	L2:
2.11.26	L2: How do families show commitment to each other?	8.3.27	L4: How can I manage my emotions and feelings during puberty? To identify emotions that may change during puberty and know who to talk to for support.	14.6.27	L3:

9.11.26	L3: How can families support and protect each other?	15.3.27	L5: What is a period? To describe what a period is and how to manage it.	21.6.27	L4:
16.11.26	L4: What helps us make and maintain healthy friendships?	22.3.27	L6: How can I challenge behaviour which crosses personal boundaries? To recognise personal boundaries and know how to respond when they are crossed.	28.6.27	L5:
23.11.26	L5: How can we manage challenges in friendships?			5.7.27	L6:
30.11.26	L6: How can I be assertive and respectful?		Shorter term to the Autumn term	12.7.27	
7.12.26	The online world: How am I influenced by what I see online? L1: How do adverts try to influence us online?			19.7.27 2 days	
14.12.26					



Year 6					
Week	Autumn 2026		Spring 2027		Summer 2027
3.9.26	Please look at the well being curriculum and use this time to settle the children into their new setting.	5.1.27	L2: How can I make safe choices if I am gaming online?	13.4.27	Staying safe: How can I stay safe as I grow up? L1:How can I stay safe on my own at home?
7.9.26	My healthy self:How do my choices today shape my future health? L1: Why do healthy teeth matter for my future?	11.1.27	L3:Is online context always realistic?	19.4.27	L2: How can I stay safe outside on my own? To predict and plan for risks outside the home.
14.9.26	L2: How can I eat for a healthier future?	18.1.27	L4: What is harmful online behaviour?	26.4.27	L3: How can I travel safely on my own? To explain how to stay safe near railways.
21.9.26	L3: What habits might support my future health?	25.1.27	L5:Does what we post online matter?	3.5.27	L4: How can I stay safe in, on and around water? To manage risk in, on and around water by following the water safety code.

28.9.26	L4: How can I recognise and regulate complex feelings?	1.2.27	L6: How does being online make me feel?	10.5.27	L5:How can I stay safe when I feel peer pressure? To recognise and respond to peer pressure.
5.10.26	L5: How does my mindset affect my personal growth?	8.2.27	Option 1; Sex education:How do people become parents L1:Which words can we use to describe our private body parts? To use the correct scientific vocabulary to name private body parts respectfully.	17.5.27	L6: How can I stay safe around drugs?
12.10.26	L6: How can I support self esteem for myself and others?	22.2.27	Option 1: L2: How are babies made? To describe how a baby is made using scientific vocabulary. Option 2 (for those whose parents have asked for them to be removed) First aid. L1:	24.5.27	Citizenship:How can we protect everyone's rights? L1:
19.10.26	Connecting with others: What does it mean to stand up for myself and others? L1: How does self-esteem help me?	1.3.27	Option1: L3: What happens in pregnancy and how are babies born? To understand the stages of pregnancy and the different ways babies are born. Option 2 (for those whose parents have asked for them to be removed) First aid. L2:	7.6.27	L2:
2.11.26	L2: How can I be respectful in different situations?	8.3.27	Option 1: L4: How are families formed? To recognise that families can be formed in different ways.	14.6.27	L3:
9.11.26	L3: How can I set and respect boundaries?	15.3.27	Option 1: L5: How does life change after having a baby? To consider some of the responsibilities of having a baby.	21.6.27	L4:
16.11.26	L4: How can we challenge unfairness?	22.3.27	Option 1: L6: What is consent? To understand what consent means.	28.6.27	L5:
23.11.26	L5: How can we work together to stop bullying?			5.7.27	L6:
30.11.26	L6: When and how should I seek help?		Shorter term than the autumn term	12.7.27	Well being lesson- Select a lesson from the well being curriculum

7.12.26	Online world: How do I feel about the things I see online? L1: How do online platforms keep users engaged?			19.7.27 (2 days)	
14.12.26					

