

PSHE/RSE Overview 2026-27

	Autumn - RELATIONSHIPS	Spring - KEEPING SAFE	Summer - WELLBEING
Reception	What can I do if I'm feeling big emotions? How can I be a good friend? How can I make other pupils feel happy? How can I play nicely with others?	How can adults at school help me? How can I play safely? How can I keep safe at school? How can I keep safe at home? Who are the police and how do they help us? What are rules? What are consequences?	How can I be a germ buster? How does food help me? How does exercise help me?
Year 1/2	How are we the same? How are we different? How can I work with different people? What is a family? How do I share family worries? Why are relationships important? How can I deal with change?	Why does age matter? What is the internet? How can I keep safe online? What are the risks of video gaming? What are different types of meetings? What are medicines? What is fire safety?	What are needs and wants? What is a job? What is money? What does it mean to be healthy? How can I look after my body? Why is sleep important? When do I need to take a break?
Year 3	Who are my key people? How should we treat people? What can I do when friendships go wrong?	What are emergency services? What are emergency situations? What do we mean by risk?	How can I be a responsible citizen? What is the law and why do we have it? How do we enforce the law?

	What do we mean by consent in friendships? What is bullying? How does school help me?	When should I break a secret? What words can I use to talk about my feelings? How can I share my worries?	What are pupils' rights? How can vaccinations support our health? What is mental health? How can intense feelings feel? What am I good at?
Year 4	How can we be role models? What is a healthy friendship? What is peer influence? Who makes up my community? What are protected characteristics? What is diversity? What is discrimination? What is a hate crime?	How can I keep safe in my local area? How can I respect my environment? Who do I encounter? How can we keep safe on the road? What are hazards in the home? What is first aid? How does my school build character? What can I be?	How we change during puberty (Oak Academy) Menstruation (Oak Academy) Staying clean during puberty (Oak Academy) How do my choices help me to be healthy? What are healthy habits? Why is food fuel? How can I be a hygiene hero? What is my body trying to tell me?
Year 5	How can my adult relationship affect my future? Why are our special people important? How do rules help our community? What are my personal boundaries? What is peer pressure? What are online friendships?	What are the risks with money? What is gambling? How can we keep our things safe? How can we use our phones sensibly? What can and can't I do on the internet? What is media literacy?	What is my personal identity? How might puberty impact the way I feel? How might puberty impact the way I feel? How might being online impact the way I feel?

	What is grooming? How do words have power?	What are deep fakes? What is media influence? What do I know about drugs?	How might my activity levels impact the way I feel? How can drugs and alcohol impact the way I feel?
Year 6	What is a debate? How can we respect different relationships? What does the law say about marriage? How can we be allies against racism? How can we challenge sexism? What is my relationship with authority?	Why does media have age restrictions? How is my date shared? What is spiking? What does the law say about drugs? What is the issue with addiction (vaping/smoking)? What different types of crime are there? What is anti-social behaviour? What is a weapon? What is shop theft?	Physical changes during puberty (Oak Academy) Male and female changes during puberty (Oak Academy) What is sexual intercourse? (Bespoke lesson to be taught at the at the relevant point in the human reproduction science unit) How can I manage moving to high school positively? How can I get ready for secondary relationships? What does adulthood look like? How can I re-frame my thinking? What is grief? How can I seek support for my mental health?