

PSHE Curriculum overview 2026

Key Stage	Term	Year A	Year B 2026-2027	Year C	Year D	Year E
1	Autumn	Families Types of family Friendships Friends	Safe Relationships Private parts are private Trust and strangers Secrets and surprises	Respecting self and others Kind and unkind Same and different Bullying		
	Spring 1	Physical activity and nutrition Healthy eating Exercise	Keeping healthy and well Dental health Sleep, rest and relaxation Hygiene and self care Sun safety	Changing and growing up My body Gender Growing and changing		
	Spring 2	Mental Health and wellbeing Feelings Loss	Mental Health and wellbeing Feelings Loss	Personal safety and first aid Home, water and road safety Emergency service workers Medicines Online safety		
	Summer 1	Communities My class and school	Communities My community and home	Shared responsibilities World environment - tigers		
	Summer 2	Shared responsibilities Caring for pets	Shared responsibilities My environment	Economic wellbeing Money and enterprise Careers		
2	Autumn	Families Types of families Safe relationships Some parts are not for sharing Internet safety	Bullying Bullying Safe relationships Some parts are not for sharing Internet safety	Friendships Friends Safe relationships Some parts are not for sharing Internet safety	Respecting self and others Respecting self and others Safe relationships Some parts are not for sharing Internet safety	
	Spring 1	Changing and growing up I am special Gender Puberty	Changing and growing up My body Gender Puberty	Changing and growing up Growing up and changing Gender Puberty	Personal safety and first aid Safety in the home Road and water safety Basic first aid Medicine and drugs	
	Spring 2	Keeping healthy and well Sleep Hygiene Teeth	Mental health and wellbeing Feelings Online safety	Physical activity and nutrition Healthy eating Exercise	Mental health and wellbeing Feelings Online safety	
	Summer 1	Communities Indian	Economic wellbeing Money Fair Trade	Communities Caribbean	Shared responsibilities Environment – the oceans	
	Summer 2	Shared responsibilities Environment – Save our planet	Communities Brazilian	Shared responsibilities Environment – our local environment	Economic wellbeing Careers Jobs Work related skills	

Key Stage	Term	Year A	Year B	Year C	Year D 2026-2027	Year E
3&4	Autumn	Families Family relationships Changing relationships	My relationships Me and others My behaviour	Positive relationships Trust Consent	Friends Similarities and differences Discrimination Bullying	Online life Social media AI Online safety
	Spring 1	Mental Health and Wellbeing My emotions My wellbeing Difficult feelings	Healthy lifestyles Exercise Healthy eating Sleep	Mental Health and Wellbeing My emotions My wellbeing Difficult feelings	Personal safety Safety in the community Grooming	Keeping well Teeth Hygiene Health services First aid
	Spring 2	Puberty and sex education Puberty Intimate relationships Consent Sex education Caring for a baby	Puberty and sex education Puberty Intimate relationships Consent Sex education Caring for a baby	Puberty and sex education Puberty Intimate relationships Consent Sex education Caring for a baby	Puberty and sex education Puberty Intimate relationships Consent Sex education Caring for a baby	Puberty and sex education Puberty Intimate relationships Consent Sex education Caring for a baby
	Summer 1	Class Enterprise	Class Enterprise	Class Enterprise	Class Enterprise	Class Enterprise
	Summer 2	My community Rules in school, home and the community Right and wrong	Economic wellbeing Money Spending and saving	Careers Personal skills Jobs	Other peoples' lives in different places 4 UK Nations British communities	Local, natural and built environments Local environment Natural environment Built environment