

PSHE and RSE overview 2026-27

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	2026/27 preview Self regulation: My feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends	Managing self: My wellbeing
Year 1	2026/27 preview My healthy self: How can we look after our emotions?	2026/27 preview Connecting with others: How can I help myself and others feel happy and safe?	2026/27 preview The online world: How do we spend time online?	2026/27 preview Citizenship: How can I help others and the environment?	2026/27 preview Health protection: How can I protect myself and others in daily life?	2026/27 preview Staying safe: How can I stay safe?
Year 2	2026/27 preview My healthy self: How can we look after our bodies?	2026/27 preview Connecting with others: How can I build safe, kind and caring relationships with others?	2026/27 preview The online world: How can we stay safe online?	2026/27 preview Citizenship: How do people belong to a community and earn money?	2026/27 preview Growing up: How can we look after and respect our bodies as we grow?	2026/27 preview Staying safe: How can I make safe choices in different places?
Year 3	2026/27 preview My healthy self: How can I take care of my mind and body?	2026/27 preview Connecting with others: What helps us feel safe and included?	2026/27 preview The online world: How should we communicate online?	2026/27 preview Citizenship: What rights and responsibilities do we have?	2026/27 preview Health protection: How can we prevent illness and injury and respond if they happen?	2026/27 preview Citizenship: What careers do people choose and why?
Year 4	2026/27 preview My healthy self: How can I make healthy choices?	2026/27 preview Connecting with others: How can we respect each other?	2026/27 preview The online world: How can we decide what to trust online?	2026/27 preview Citizenship: How can I spend money wisely?	2026/27 preview Growing up: How will my body and emotions change as I grow up?	2026/27 preview Staying safe: What signs help me recognise what is safe or unsafe?
Year 5	2026/27 preview My healthy self: How can I support my mind and body as I grow?	2026/27 preview Connecting with others: Why are healthy relationships important?	2026/27 preview The online world: How am I influenced by what I see online?	2026/27 preview Citizenship: How can we make a difference in our communities and beyond?	2026/27 preview Health protection: How can I manage the changes to my body and emotions as I grow up?	2026/27 preview Citizenship: How can we be in control of our money?
Year 6	2026/27 preview My healthy self: How do my choices today shape my future health?	2026/27 preview Connecting with others: What does it mean to stand up for myself and others?	2026/27 preview The online world: How do I feel about the things I see online?	2026/27 preview Citizenship: How can we protect everyone's rights?	2026/27 preview Staying safe: How can I stay safe as I grow up?	2026/27 preview Sex education: How do people become parents and carers?