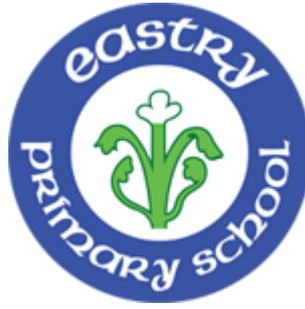


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EASTRY CHURCH OF ENGLAND  
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17<sup>th</sup> March 2026

Dear parent/carer,

This school year we are using our new PSHE scheme of work – EC publishing to deliver our PSHE lessons.

The lessons since September, have built children's emotional literacy, self-esteem and knowledge of who they are and how they relate to each other and the world in a positive and healthy way, building on previous learning about relationships and the wider world.

During terms 5 and 6, the PSHE units incorporate a range of learning on the human body, considering what makes us different and what changes we should expect to our bodies as we get older.

These units use age specific vocabulary, based at the age of the child and they ensure suitable content is shared to help children learn whilst also covering the government's statutory RSE (Relationship and Sex Education) curriculum.

We hope you agree with us that this learning is vitally important for children and can see how it is done in an age-appropriate way. The EC publishing programme gives us a secure framework which builds on small steps year on year to deliver this learning. The EC publishing programme, process and resources are in accordance with the statutory Government programme of RSE.

We do as always want to work in partnership with parents and carers, and also wish to inform you of your legal right to withdraw your children from some aspects of this work. In September 2020, the Government made Relationships Education and Health Education statutory for all primary schools, and therefore children cannot be withdrawn from all parts of their learning. However, I hope you can see how EC publishing deals with this subject in a sympathetic and sensitive manner which is built on a solid foundation of age-appropriate learning and statutory guidance

In addition to this, we hope you, like us, will see the materials in our PSHE scheme as educationally sound and beneficial to our children. I enclose the 'roadmaps' of your child's PSHE journey. I will also be offering a drop-in session after school on Friday 27<sup>th</sup> March if you wish to discuss this further or to find out more information. I am also available at the end of the day if you have any questions that need answering,

Kind regards,

*J Davies*

Jackie Davies  
PSHE lead

# Year 1

Autumn 1      Autumn 2      Spring 1      Spring 2      Summer 1      Summer 2

The Year 1 PSHE Curriculum Map is a winding road divided into six seasonal sections. Each section contains several topics with corresponding icons and a small character portrait. The topics are:

- Autumn 1:**
  - 1. This Is Me! (Identity)
  - 2. How We Grow
  - 3. What Are Feelings?
  - 4. Feelings and Loss
  - 5. How We Play and Learn
  - 6. Staying Safe
- Autumn 2:**
  - 1. Respect
  - 2. Polite Words
  - 3. Sharing and Taking Turns
  - 4. Being Helpful
  - 5. Being Kind
  - 6. Getting Hurt
- Spring 1:**
  - 1. Keeping Clean
  - 2. Healthy Teeth
  - 3. Fun in the Sun
  - 4. Healthy Food
  - 5. Eating Well
  - 6. Keeping Fit and Healthy
- Spring 2:**
  - 1. All About Rules
  - 2. Online World (Screen Time)
  - 3. Online Safety
  - 4. Strengths and Interests
  - 5. Jobs and Skills
  - 6. Welcoming Everyone
- Summer 1:**
  - 1. People Who Care For Me
  - 2. What Is a Family
  - 3. Family and Me
  - 4. All About Bodies
  - 5. My Body Belongs to Me
  - 6. Asking Permission
- Summer 2:**
  - 1. Caring for Living Things
  - 2. Recycling
  - 3. Plastic and Pollution
  - 4. Global Warming
  - 5. My Classroom Community
  - 6. Community Helpers

**Respectful Relationships** (Autumn 1)  
**Safe and Smart Choices** (Autumn 2)  
**Healthy Bodies** (Spring 1)  
**Family, Love and Boundaries** (Spring 2)  
**Caring for Our World** (Summer 2)

EC Primary

## YEAR 1 – COMPLETE PRIMARY PSHE

# Year 2

Autumn 1      Autumn 2      Spring 1      Spring 2      Summer 1      Summer 2

The Year 2 PSHE Curriculum Map is a winding road divided into six seasonal sections. Each section contains several topics with corresponding icons and a small character portrait. The topics are:

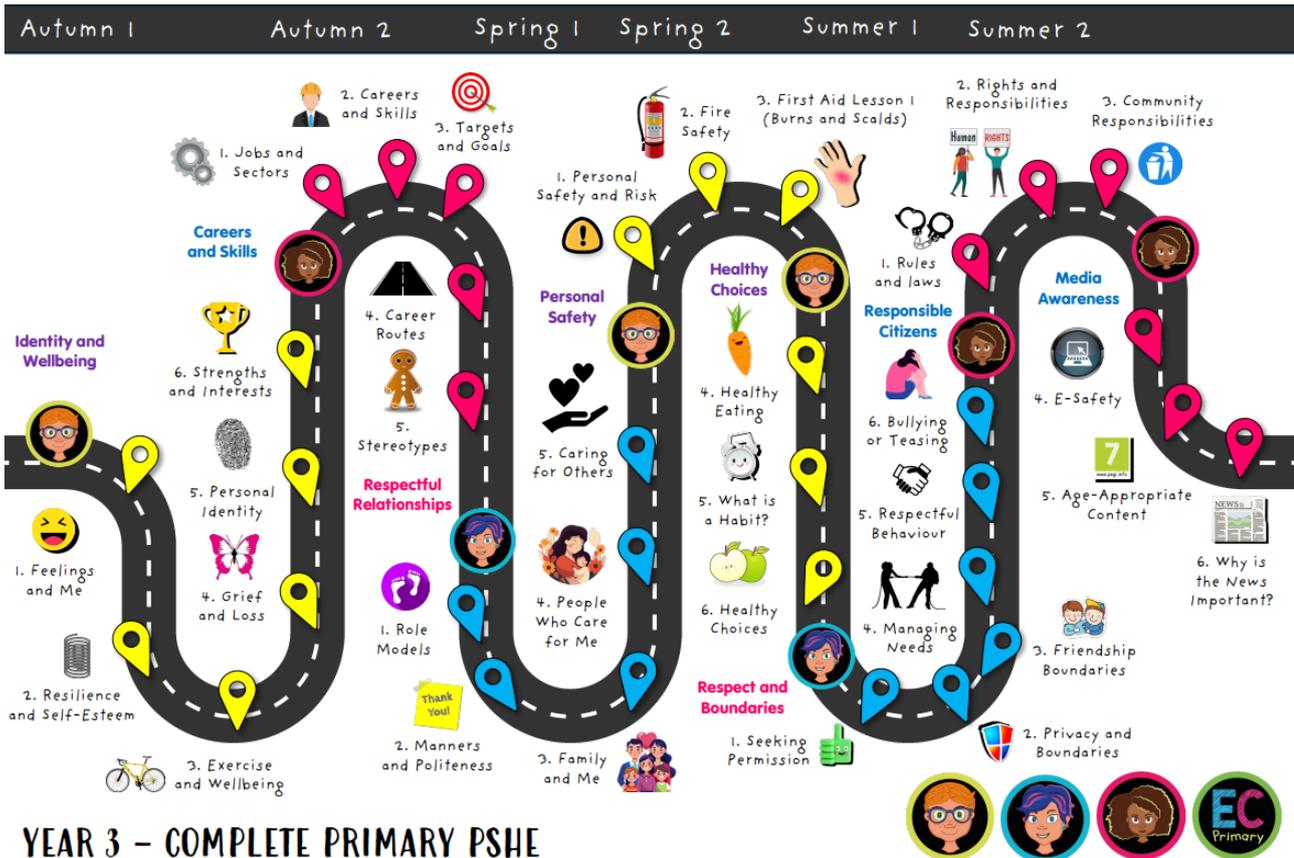
- Autumn 1:**
  - 1. What Is Money?
  - 2. Ways to Pay
  - 3. Earning Money
  - 4. Saving and Spending
  - 5. Wants and Needs
  - 6. All About Teeth
- Autumn 2:**
  - 1. Making Friends
  - 2. Being a Good Friend
  - 3. Sleep Routines
  - 4. Medicines
  - 5. All About Feelings
  - 6. Big Feelings
- Spring 1:**
  - 1. What Is the Internet?
  - 2. Personal Data
  - 3. Online Safety
  - 4. Online Information
  - 5. Resolving Conflict
  - 6. Same and Different
- Spring 2:**
  - 1. Manners and Respect
  - 2. Playing With Others
  - 3. Working With Others
  - 4. Online Safety
  - 5. Caring Communities
  - 6. Staying Safe
- Summer 1:**
  - 1. The Human Life Cycle
  - 2. Brilliant Bodies
  - 3. Safety and Risk
  - 4. Safety at Home
  - 5. Road Safety
  - 6. Accidents and Emergencies
- Summer 2:**
  - 1. Feeling Lonely
  - 2. Bullying (Introduction)
  - 3. Unkind Words
  - 4. Kindness
  - 5. Secrets and Surprises
  - 6. Respectful Relationships

**All About Money** (Autumn 1)  
**Healthy Bodies** (Autumn 2)  
**Positive Friendships** (Autumn 2)  
**Online Safety** (Spring 1)  
**Caring Communities** (Spring 2)  
**Staying Safe** (Spring 2)  
**Respectful Relationships** (Summer 2)

EC Primary

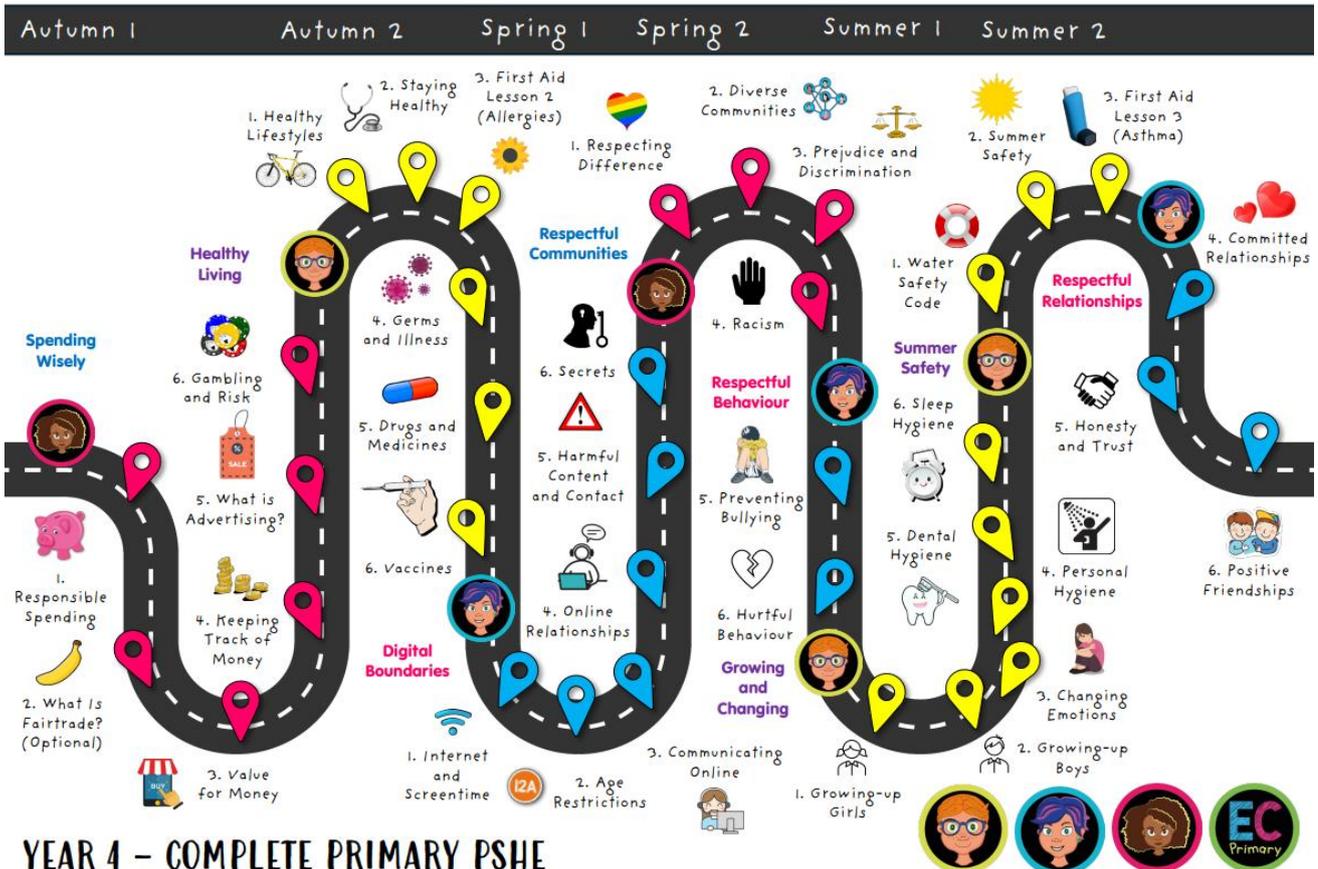
## YEAR 2 – COMPLETE PRIMARY PSHE

# Year 3



## YEAR 3 – COMPLETE PRIMARY PSHE

# Year 4



## YEAR 4 – COMPLETE PRIMARY PSHE

# Year 5

Autumn 1      Autumn 2      Spring 1      Spring 2      Summer 1      Summer 2

The Year 5 PSHE curriculum is presented as a winding road with six main themes, each with six lessons:

- Health and Wellbeing:** 1. Healthy Habits, 2. Being Healthy (Diet), 3. Being Healthy (Exercise), 4. Physical Health, 5. Germs, Bacteria and Viruses, 6. What is Mental Health?
- Digital Citizenship:** 1. Asking for Help, 2. What is Social Media?, 3. Fake News, 4. Fake Images, 5. Digital Footprints, 6. Fireworks and Bonfires
- Aspiration and Growth:** 1. Dares and Challenges, 2. Friendship, 3. Feeling Left Out, 4. Peer Pressure, 5. Dares and Challenges, 6. Bullying and Hurtful Behaviour
- Protecting Our Environment:** 1. The Environment Part 1, 2. The Environment Part 2 (Optional), 3. Feeling Left Out, 4. Careers and Stereotypes
- Safe Relationships:** 1. Positive Relationships, 2. Loving Stable Families, 3. Independence and Responsibility, 4. FGM (Non-Statutory Lesson), 5. Boy's Puberty, 6. Girl's Puberty
- Growing and Changing:** 1. Understanding Emotions, 2. Feelings and Emotions, 3. Self-Esteem, 4. Body Image, 5. Online Behaviour and Risk, 6. Stranger Safety

Additional icons include: Thank You, Healthy Habits, Bicycle, Aspiration and Growth, Success and Achievement, Key, Positive Relationships, Loving Stable Families, Love and Abuse, Online Behaviour and Risk, Stranger Safety, Digital Citizenship, Fireworks and Bonfires, Asking for Help, Social Media, Fake News, Fake Images, Digital Footprints, Germs, Bacteria and Viruses, What is Mental Health?, Behaviour and Respect, Friendship, Feeling Left Out, Peer Pressure, Dares and Challenges, Bullying and Hurtful Behaviour, The Environment Part 1, The Environment Part 2 (Optional), Understanding Emotions, Feelings and Emotions, Self-Esteem, Body Image, FGM (Non-Statutory Lesson), Girl's Puberty, Boy's Puberty, Independence and Responsibility, Loving Stable Families, Love and Abuse, Online Behaviour and Risk, Stranger Safety.

**YEAR 5 – COMPLETE PRIMARY PSHE**

# Year 6

Autumn 1      Autumn 2      Spring 1      Spring 2      Summer 1      Summer 2

The Year 6 PSHE curriculum is presented as a winding road with six main themes, each with six lessons:

- Drugs and Alcohol:** 1. Medicine and Product Safety, 2. Habits and Addiction, 3. Caffeine and Energy Drinks (Optional), 4. What is Alcohol?, 5. Drugs, 6. Vaping Danger (Optional)
- Digital Resilience:** 1. Disagree Respectfully, 2. Positive Male Role Models (Optional), 3. Cyberbullying and Harassment, 4. Online Gaming Danger, 5. Group Chats, 6. Online Privacy and Data
- Money in the Past, Present and Future:** 1. Identity and Community, 2. Diversity in the UK, 3. The Equality Act 2010, 4. What is Money?, 5. Attitudes About Money, 6. Money and the Cost of Living (Optional)
- Conception and Puberty:** 1. Puberty and Our Genes, 2. Boy's Puberty, 3. Periods and the Human Life Cycle, 4. Human Reproduction, 5. Hormones and Emotions, 6. Mental Health Symptoms
- Summer Safety:** 1. Sun Safety, 2. First Aid Lesson 4 (Common Injuries), 3. First Aid Lesson 5 (Life Support), 4. Personal Safety and Hazards, 5. Family and Commitment, 6. Caring for Babies
- Sex and Relationships:** 1. Consent, 2. Sexual Harassment (Optional), 3. Attraction, 4. Sexual Intercourse, 5. Family and Commitment, 6. Caring for Babies

Additional icons include: Disagree Respectfully, Positive Male Role Models (Optional), Cyberbullying and Harassment, Money and the Cost of Living (Optional), Attitudes About Money, What is Money?, The Equality Act 2010, Identity and Community, Diversity in the UK, Puberty and Our Genes, Boy's Puberty, Periods and the Human Life Cycle, Human Reproduction, Hormones and Emotions, Mental Health Symptoms, Sun Safety, First Aid Lesson 4 (Common Injuries), First Aid Lesson 5 (Life Support), Personal Safety and Hazards, Family and Commitment, Caring for Babies, Consent, Sexual Harassment (Optional), Attraction, Sexual Intercourse, Family and Commitment, Caring for Babies, Digital Resilience, Disagree Respectfully, Positive Male Role Models (Optional), Cyberbullying and Harassment, Online Gaming Danger, Group Chats, Online Privacy and Data, Vaping Danger (Optional), Drugs, Caffeine and Energy Drinks (Optional), What is Alcohol?, Medicine and Product Safety, Habits and Addiction, Vaping Danger (Optional), Conception and Puberty, Puberty and Our Genes, Boy's Puberty, Periods and the Human Life Cycle, Human Reproduction, Hormones and Emotions, Mental Health Symptoms, Summer Safety, Sun Safety, First Aid Lesson 4 (Common Injuries), First Aid Lesson 5 (Life Support), Personal Safety and Hazards, Family and Commitment, Caring for Babies, Sex and Relationships, Consent, Sexual Harassment (Optional), Attraction, Sexual Intercourse, Family and Commitment, Caring for Babies.

**YEAR 6 – COMPLETE PRIMARY PSHE**