



	Autumn 1 Unit	Autumn 2 Unit	Spring 1 Unit	Spring 2 Unit	Summer 1 Unit	Summer 2 Unit
EYFS	Understanding Feelings Recognising emotions and learning how to manage them.	Friendships & Kindness Learning how to be a kind friend and treat others fairly.	Families & Belonging Exploring family relationships and feeling part of a community.	Keeping Safe Knowing how to stay safe and who to ask for help.	Looking After My Body Learning how to care for our bodies and wellbeing.	Understanding the World Beginning to understand diversity, respect and our place in the world.
Year 1	Managing Feelings & Behaviour Learning how emotions affect actions and relationships.	Friendships & Respect Developing positive friendships and good manners.	Families & Change Understanding that families can be different and can change.	Health & Self-Care Learning about hygiene, rest and healthy routines.	Keeping Safe Understanding boundaries, consent and personal safety.	Online Awareness Beginning to learn how to stay safe online.
Year 2	Emotional Wellbeing Recognising worries and knowing how to ask for help.	Friendships & Bullying Understanding kindness, fairness and how to deal with unkind behaviour.	Healthy Lifestyles Learning how choices affect physical and mental health.	Keeping Safe Learning about privacy, trusted adults and safe choices.	Online Safety Understanding risks online and how to stay safe.	Understanding Rights & Responsibilities Beginning to explore fairness, money and community.
Year 3	Managing Emotions & Resilience Developing strategies for coping with challenges and disappointment.	Healthy Choices Learning about balanced lifestyles, food and wellbeing.	Friendships & Peer Pressure Understanding how relationships can change and how to make safe choices.	Keeping Safe Learning how to assess risk and respond in unsafe situations.	Online & Digital Awareness Understanding online behaviour, balance and safety.	Global Citizenship Exploring responsibility, fairness and caring for the world.
Year 4	Understanding Feelings Exploring complex emotions and how they change over time.	Respectful Relationships Understanding boundaries, consent and respect.	Healthy Bodies & Minds Learning how wellbeing is affected by lifestyle choices.	Keeping Safe Developing confidence in responding to risk and emergencies.	Online Safety Learning how to judge online information and relationships.	Diversity & Inclusion Respecting differences and challenging stereotypes.
Year 5	Mental Health & Wellbeing Understanding mental health and how to seek support.	Growing Up Learning about puberty, body image and self-esteem.	Healthy Relationships Understanding family change, peer pressure and consent.	Keeping Safe Learning about substances, risk and making safe choices.	Economic Understanding Exploring money, work and personal aspirations.	Global Citizenship Understanding responsibility, equality and social justice.
Year 6	Emotional Resilience Managing change, challenge and transition.	Healthy Relationships Understanding consent, pressure and respectful behaviour.	Growing Up & Reproduction Learning about puberty, reproduction and personal identity.	Keeping Safe Understanding risk, emergency response and substance awareness.	Online Safety & Digital Literacy Critically evaluating online content and behaviour.	Preparing for the Future Setting goals, understanding careers and preparing for secondary school.





The STORY PROJECT

What is The Story Project?

At Ingrow Primary School, stories are at the heart of who we are. We believe stories help children make sense of the world, understand themselves and develop empathy for others. That is why we are proud to deliver our PSHE curriculum through **The Story Project**.

The Story Project is a carefully sequenced PSHE and RSHE curriculum that uses high-quality children's literature as the starting point for meaningful learning. Through engaging stories, children explore important themes such as feelings, friendships, families, safety, wellbeing and growing up in a way that feels natural, memorable and age-appropriate.

Children begin in EYFS by exploring what makes themselves and others happy, thinking about how their actions affect others. They learn about family relationships and what different families might look like. This provides the foundations for emotional understanding, kindness and belonging.

This progresses into Key Stage One, where children explore concepts such as bullying, tolerance and loneliness. They take a more detailed look at the impact of characters' actions, needs and emotions on other people, helping them to develop empathy, fairness and positive relationships.

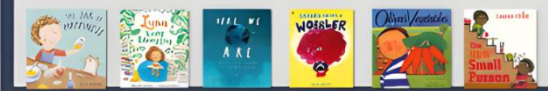
By Key Stage Two, topics such as peer pressure, respect and bullying give children the opportunity to discuss how and why these issues might happen. Family relationships are explored more deeply, particularly how people's needs can differ and how relationships can sometimes be complex. Children also develop increasing awareness of safety, wellbeing, identity and life in the wider world.

Throughout the curriculum, children learn what to do if they are concerned about a friend or if a friendship is making them feel unhappy or unsafe. By learning through stories, children are able to explore complex ideas at a safe distance — discussing characters' experiences before reflecting on their own lives. This helps children develop emotional literacy, confidence, resilience and respect for others.

The curriculum fully covers statutory RSHE requirements, alongside wider PSHE knowledge, British Values, SMSC and safeguarding themes. Learning is progressive from EYFS to Year 6, revisiting key concepts with increasing depth as children grow and mature.

CORE CURRICULUM TEXTS

EYFS



YEAR 1



YEAR 2



YEAR 3



YEAR 4



YEAR 5



YEAR 6

