

# The LifeWise PSHE Programme

PSHE resources built to successfully prepare children for life.

**Recommended Sequence 2025-2026**



## The LifeWise PSHE Programme

We're LifeWise, and we're passionate about PSHE.

We created our PSHE curriculum to teach children relevant and vital life lessons to be better prepared to deal with life's challenges. We fully comply with the DfE statutory Relationships, Relationships and Sex Education and Health Education guidance. All RSHE lessons are threaded into our wider whole-school PSHE curriculum.

We provide a broad and robust collection of lessons, resources and activities for children aged 4-11. This document will show a proposed sequence for each year group in your primary school. Please note that this proposal is not mandatory. We encourage you to use our lessons flexibly depending on your school demographic, present-day challenges and whole-school objectives.

The sequence was specifically developed to allow for knowledge and skills to be introduced and revisited across Key Stages 1 and 2. However, our lessons can be delivered independently and/or in your own sequence!

You will notice that we have provided significant optionality for your Year 6 students. All our [supplementary lessons](#) are not statutory, but form an important set of life skills for students transitioning into secondary school. These lessons can dovetail into the wider national curriculum, forming part of a robust global citizenship approach in your school.

# Relationships and Health DfE Compliance

We've got you covered.

Use your quick filter to see all statutory content in your lesson library

The screenshot shows the LifeWise Lessons Library interface. On the left is a navigation sidebar with options: My Lessons, Lessons Library, Courses, Assemblies, Planning Docs, Assessments, Settings, and Invite Colleagues. The main area is titled 'Lessons Library' and features a search bar and three filter buttons: 'YEAR GROUP', 'CATEGORY', and 'TOPICS'. An 'UPGRADE' button is in the top right. The library displays a grid of lesson cards. Each card includes a title, a sub-title, a curriculum category (e.g., PSHE - Relationships, RSHE), and filter tags for Year and Life A. A dashed arrow points from the text 'Use your quick filter to see all statutory content in your lesson library' to the 'CATEGORY' filter button. Another dashed arrow points from the text 'Use the RSHE category filter to find all your statutory content.' to the 'RSHE' filter tag on the 'British Values - Culture & Liberty Part 2' card.

Each LifeWise lesson is tagged with the appropriate curriculum category.

Use the **RSHE** category filter to find all your statutory content.

But don't miss out on our wider **PSHE** lessons. All our other fantastic content fits your wider PSHE learning goals.

You can find lessons to support **Living in the Wider World, Health and Wellbeing and Relationships**.

## The LifeWise PSHE Programme - What can you expect?

In this document you will find the lessons included in the LifeWise PSHE Programme for each year within your primary school. The Programme includes a suggested sequence for the lessons, per half term.

Where applicable, we have taken into account calendared events. We have also grouped topics such as British Values and Fairtrade across the school for Key Stage 2 learning.

→ [Reception Programme](#)

→ [Year 1 Programme](#)

→ [Year 2 Programme](#)

→ [Year 3 Programme](#)

→ [Year 4 Programme](#)

→ [Year 5 Programme](#)

→ [Year 6 Programme](#)

## Proposed Sequencing: Reception

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lifewise Reception Programme	Planting Our Food x2	Taking Good Care of Myself x2	Sleep x 2	Animals x2	Follow My Lead x2	Sharing x2
	Cities, Towns, Land and Sea x2	Being Curious x2	The Great Outdoors x2	Fire Safety x2	Making Mistakes x2	Marching to the Beat of your Own Drum x 2
	Gentle Hands and Hearts x2	Managing Feelings x2	Trusted Adults x2	Water Safety x2	Road Safety x2	Technology x2

MENU

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▼ Course

- Introduction ✓
- Agenda
- Luna's Life
- Discussion Time

Some schools use our helpful lesson menu to pick parts of a particular lesson to fit with their own social learning calendar for their Reception students

For example, you can just use the adventure video, Luna's Life to help build out a concept like sharing!

## Proposed Sequencing: Year 1

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LifeWise Year 1 PSHE Programme	Being Happy x 2	Getting your sleep x 2	A Problem Shared is a Problem Halved x 2	What Makes A Family	Braving the Weather x 2	Road Safety x 2
	Being Mindful x 2	Hygiene and Me x 2	Communication x 2	My Growing Body	Emergency Services x 2	Safety Symbols x 2
	First Aid and CPR x 2	Understanding Difficult Feelings x 2	Trust x 2	Respecting Others x 2	Food Safety and What Not to Eat x 2	Signalling & Sign Language x 2
	What is Friendship	Kind vs Unkind		Water Safety x 2	Wildlife	

## Proposed Sequencing: Year 2

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>LifeWise Year 2 PSHE Programme</b>	Screen Time Safety x 2	It's Okay not to be Okay x 2	My Private Body	Desert Island x 2	Cyber Safety x 2	Personal Goal Setting x 2
	Feeling Sad x 2	Medicines and Drugs x 2	Respecting All Families	Environment x 2	Fire Safety x 2	Protecting our Planet x 2
	Happiness x 2	Understanding Peer Pressure	Dealing With Loss x 2	Navigation x 2	Forest Survival x 2	Adapting to Change x 2
	Positive Friendships	Relaxation x 2	Fight or Flight x 2		The Art of Failure	

## Proposed Sequencing: Year 3

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>LifeWise Year 3 PSHE Programme</b>	Personal Hygiene	My Body, Your Body - Keeping Healthy	Power of Words: STOP	BV Democracy and Law x 2	Helping Others to Get Help x 2	Growth Mindset x 2
	Vaccinations and Diseases	Self-Worth x 2	Social Media Body Confidence	BV Culture and Liberty x 2	Who Can We Trust x 2	Sun Safety
	Anger, Fear and Mindfulness	Self-Image x 2	Gender	Relationships with Others x 2	Staying Safe Online x 2	The World of Work
	Anxiety, Stress and Mindfulness	Autism Different, Not Less	Fairtrade: Working Together			
	Exercise	Different Kinds of Friendship	Global Warming - What Can We Do To Help?		Separation and Divorce	Problem Solving and Time Management x 2
	Safety with Household Meds		Celebrating Women in History: Traditional Roles			
	Change is Good					

## Proposed Sequencing: Year 4

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>LifeWise Year 4 PSHE Programme</b>	<p>Healthy Eating and a Balanced Diet x2</p> <p>The Importance of Physical Activity x 2</p> <p>Relaxing to Recharge x 2</p> <p>The Recreational Drugs of Alcohol and Nicotine</p>	<p>My Body, Your Body - Keeping Safe</p> <p>Sleep x 2</p> <p>Screentime x 2</p> <p>Autism: Aspergers</p> <p>What's Love?</p>	<p>Bullying x 2</p> <p>Everything Will Be Alright</p> <p>All About Tik-Tok</p> <p>Identity and Gender</p> <p>Fairtrade: Change Through Choice</p>	<p>BV Government and Rules x 2</p> <p>BV Freedom in Beliefs x 2</p> <p>Family Relationships x 2</p>	<p>Consent</p> <p>Where Does My Food Come From?</p> <p>Respect x 2</p> <p>Being Responsible x 2</p> <p>Earning Money</p>	<p>Problem Solving and Resourcefulness x 2</p> <p>Try and Try Again x 2</p> <p>Leadership x 2</p>

## Proposed Sequencing: Year 5

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>LifeWise Year 5 PSHE Programme</b>	Junk Food x 2	Keeping My Body The Same x 2	Power of Words - Mouldy Rice	BV Laws and Parliament x 2	The Digital World x 2	Learning Part 2
	Nutritional Values x2	My Body Changes x 2	Social Media - Being Confident	BV Freedom of Speech and Movement x 2	Supporting the Community x 2	Borrowing Money x 2
	The Human Body x 2	Autism - Neurodivergence	Responsibility and Inspiration x 2	Respecting Others' Boundaries and Beliefs x 2	Communicating Effectively x 2	Dealing With Adversity x 2
	Caffeine - Helpful or Harmful?	Expressing Love Differently As You Grow	Homophobic Language in Schools		Learning Part 1	The NHS x 2
		What is Marriage?	Fairtrade: Same Storm, Different Boat			

## Proposed Sequencing: Year 6

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>LifeWise Year 6 PSHE Programme</b>	First Aid x 2	My Amazing Body x 2	The Power of Words - Clean up Your Speech	BV Lawmakers and Activists x 2	Consent	Transition x 2
	Alcohol, Smoking and Vaping	Self-Perception x 2	Social Media - Tik Tok	BV Rights and Radicalisation x 2	Feeling Anxious x2	Learning to Working x 2
	Drugs	Autism Do Say, Don't Say	Identity, Gender and Sexuality	The Government X 2	Ageism x 2	Law x 2
	Illegal Drugs	The Power of Love - Inequality Within Relationships	Fair Trade - The Shirt Off Your Back		The Power of Negotiation X 2	Tax x 2
	Recognising and Controlling Anger	What is Forced Marriage?	Global Warming - Issues and Prevention			Banks x 2
	Organisation of Life		Celebrating Women in History - Forgotten Achievements			Pensions x 2
						How to Write a CV x 2
						Entrepreneurship, Enterprise and Business x 2

We have added more lessons in Summer 2 to give you optionality. Pick and choose what is right for your students!

## Taking PSHE To The Next Level: Global Citizenship

The following lessons are not statutory, but they provide many skills to develop young people into global citizens. You can find them in your **Lesson Library**.

Year Group	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Supplementary Lessons	NA	Mental Health Week	NA	NA	Teamwork x 2 Body Language & Communication x 2 Mental Health Week Holocaust Memorial Day Martin Luther King Day	Transition x 2 Learning to Working x2 Law x 2 Tax x 2 Banks x 2 Pensions x 2 How to Write a CV x2 Entrepreneurship, Enterprise and Business x2 Children's Rights in Divorce Dealing with Divorce

## Using supplementary lessons to support your PSHE goals

As our content grows, you will have access to an exponential library of LifeWise quality resources that we won't include in a recommended weekly plan.

Our new content will be rooted in our mission to better prepare children for life and will link to the goals of PSHE education. So you can use our lesson library to:

- Build a complete global citizenship initiative that meets cross-curricular goals;
- Support interventions;
- Provide optionality outside of the recommended sequence for different student needs;
- Create your own sequence of learning bespoke to your school setting.

We continually write content, so look for new lessons, assemblies and worksheets across the 2022-2023 academic year. If you have a specific request, please contact your Account Manager.

We wish you a happy and successful year!

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