



# PSHE Curriculum & Progression Overview 2025-26



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Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
YR	<b>Autumn 1 – Me and My Relationships</b>  What makes me special People close to me Getting help	<b>Autumn 2 – Valuing Difference</b>  Similarities and difference Celebrating difference Showing kindness	<b>Spring 1 – Keeping Safe</b>  Keeping my body safe Safe secrets and touches People who help to keep us safe	<b>Spring 2 – Rights and Respect</b>  Looking after things: friends, environment, money	<b>Summer 1 – Being My Best</b>  Keeping my body healthy – food, exercise, sleep Growth Mindset	<b>Summer 2 – Growing and Changing</b>  Cycles Life stages Girls and boys – similarities and difference
1	<b>Autumn 1 – Me and My Relationships</b> <ul style="list-style-type: none"> <li>Feelings and emotional awareness</li> <li>Getting help and identifying trusted adults</li> <li>Classroom rules and routines</li> <li>Special people in my life</li> <li>Being a good friend</li> </ul>	<b>Autumn 2 – Valuing Difference</b> <ul style="list-style-type: none"> <li>Recognising, valuing and celebrating differences</li> <li>Respect and accepting others</li> <li>Understanding bullying and how to get help</li> <li>•</li> </ul>	<b>Spring 1 – Keeping Safe</b> <ul style="list-style-type: none"> <li>Online safety basics (link to Safer Internet Day)</li> <li>Safe and unsafe touches</li> <li>Medicine safety</li> <li>Importance of sleep</li> <li>•</li> </ul>	<b>Spring 2 – Rights and Respect</b> <ul style="list-style-type: none"> <li>Looking after myself</li> <li>Caring for my money</li> <li>Caring for my environment</li> </ul>	<b>Summer 1 – Being My Best</b> <ul style="list-style-type: none"> <li>Growth mindset</li> <li>Healthy eating, hygiene and health</li> <li>Cooperation and teamwork</li> </ul>	<b>Summer 2 – Growing and Changing</b> <ul style="list-style-type: none"> <li>Becoming more independent</li> <li>Naming body parts</li> <li>Taking care of myself and others</li> </ul>



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2	<b>Autumn 1 – Me and My Relationships</b> <ul style="list-style-type: none"> <li>Bullying and teasing</li> <li>School rules about bullying</li> <li>Being a good friend</li> <li>Feelings and self-regulation</li> <li>•</li> </ul>	<b>Autumn 2 – Valuing Difference</b> <ul style="list-style-type: none"> <li>Being kind and helping others</li> <li>Celebrating difference</li> <li>People who help us</li> <li>Listening skills</li> </ul>	<b>Spring 1 – Keeping Myself Safe</b> <ul style="list-style-type: none"> <li>Safe and unsafe secrets</li> <li>Appropriate touch</li> <li>Medicine safety</li> <li>Online safety</li> </ul>	<b>Spring 2 – Rights and Responsibilities</b> <ul style="list-style-type: none"> <li>Cooperation skills</li> </ul> <p>Looking after money (saving/spending)</p>	<b>Summer 1 – Being My Best</b> <ul style="list-style-type: none"> <li>Growth mindset</li> <li>Looking after my body</li> <li>Hygiene and health</li> <li>Exercise and sleep</li> </ul>	<b>Summer 2 – Growing and Changing</b> <ul style="list-style-type: none"> <li>Life cycles</li> <li>Dealing with loss</li> <li>Privacy</li> <li>Being supportive</li> </ul>
3	<b>Autumn 1 – Rights and Respect</b> <ul style="list-style-type: none"> <li>Rules and their purpose</li> <li>Cooperation</li> <li>Friendship and respectful relationships</li> <li>Coping with loss</li> </ul>	<b>Autumn 2 – Valuing Difference</b> <ul style="list-style-type: none"> <li>Recognising and respecting diversity</li> <li>Being tolerant</li> <li>My community</li> </ul>	<b>Spring 1 – Keeping Safe</b> <ul style="list-style-type: none"> <li>Managing risk</li> <li>Decision-making skills</li> <li>Drugs and their risks</li> <li>Staying safe online</li> </ul>	<b>Spring 2 – Being My Best</b> <ul style="list-style-type: none"> <li>Skills as we grow up</li> <li>Helping and being helped</li> <li>Looking after the environment</li> <li>Managing money</li> </ul>	<b>Summer 1 – Me and My Relationships</b> <ul style="list-style-type: none"> <li>Keeping healthy and well</li> <li>Celebrating and developing skills</li> <li>Developing empathy</li> </ul>	<b>Summer 2 – Growing and Changing</b> <ul style="list-style-type: none"> <li>Relationships</li> <li>Changing bodies and puberty (early prep)</li> <li>Keeping safe</li> <li>Safe and unsafe secrets</li> </ul>
4	<b>Autumn 1 – Rules, Rights and Responsibilities / Online Safety</b> <ul style="list-style-type: none"> <li>Rules, rights and responsibilities</li> <li>Internet safety</li> </ul>	<b>Autumn 2 – Healthy Relationships</b> <ul style="list-style-type: none"> <li>Healthy communication</li> <li>Listening to feelings</li> <li>Dealing with bullying</li> <li>Assertive skills</li> </ul>	<b>Spring 1 – Valuing Difference</b> <ul style="list-style-type: none"> <li>Cultural and religious differences</li> <li>Challenging stereotypes</li> </ul>	<b>Spring 2 – Feelings and Emotions</b> <ul style="list-style-type: none"> <li>Managing risk</li> <li>Norms of drug use (smoking/alcohol)</li> <li>Influences and peer pressure</li> <li>Online safety</li> </ul>	<b>Summer 1 – Keeping Safe (Wellbeing Month)</b> <ul style="list-style-type: none"> <li>Health choices</li> <li>Media influence</li> <li>Spending money wisely</li> </ul>	<b>Summer 2 – Growing and Changing</b> <ul style="list-style-type: none"> <li>Body changes during puberty</li> <li>Managing difficult feelings</li> <li>Relationships including marriage</li> </ul>
5	<b>Autumn 1 – Me and My Relationships / Rights &amp; Class Charters</b> <ul style="list-style-type: none"> <li>Feelings and emotional expression</li> </ul>	<b>Autumn 2 – Keeping Safe</b> <ul style="list-style-type: none"> <li>Recognising emotional needs</li> <li>Managing risk (online and offline)</li> </ul>	<b>Spring 1 – Being My Best</b> <ul style="list-style-type: none"> <li>Independence and taking ownership</li> <li>Keeping myself healthy</li> </ul>	<b>Spring 2 – Rights and Respect</b> <ul style="list-style-type: none"> <li>Rights and duties</li> <li>Making a difference</li> </ul>	<b>Summer 1 – Valuing Difference</b> <ul style="list-style-type: none"> <li>Celebrating diverse cultures and religions</li> <li>Influence of social media</li> </ul>	<b>Summer 2 – Growing and Changing</b> <ul style="list-style-type: none"> <li>Managing difficult feelings</li> <li>Managing change</li> </ul>



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	<ul style="list-style-type: none"><li>• Friendship skills and compromise</li><li>• Assertiveness</li><li>• Class charter rights</li><li>•</li></ul>	<ul style="list-style-type: none"><li>• Norms around legal drugs</li><li>• Decision-making skills</li></ul>	<ul style="list-style-type: none"><li>• Media awareness and safety</li></ul>	<ul style="list-style-type: none"><li>• Money: borrowing, lending, spending</li></ul>		<ul style="list-style-type: none"><li>• How feelings help us stay safe</li><li>• Getting help</li></ul>
6	<b>Autumn 1 – Me and My Relationships</b> <ul style="list-style-type: none"><li>• Assertiveness</li><li>• Cooperation</li><li>• Safe/unsafe touches</li><li>• Positive relationships</li><li>•</li></ul>	<b>Autumn 2 – Valuing Differences</b> <ul style="list-style-type: none"><li>• Prejudice-based bullying</li><li>• Bystander behaviour</li><li>• Gender stereotyping</li><li>• Recognising emotional needs</li></ul>	<b>Spring 1 – Keeping Myself Safe</b> <ul style="list-style-type: none"><li>• Staying safe online</li><li>• Drugs: risks and the law</li><li>• Media bias and social media</li></ul>	<b>Spring 2 – Rights and Responsibilities</b> <ul style="list-style-type: none"><li>• Caring for the environment</li><li>• Earning and saving money</li><li>• Democracy and participation</li></ul>	<b>Summer 1 – Being My Best</b> <ul style="list-style-type: none"><li>• Aspirations and goal setting</li><li>• Managing risk</li><li>• Looking after mental health</li></ul>	<b>Summer 2 – Growing and Changing</b> <ul style="list-style-type: none"><li>• Coping with change</li><li>• Body image</li><li>• Sex education</li><li>• Self-esteem</li></ul>



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## PSHE Progression in EYFS

	Nursery	Reception
Me and My relationships	<p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Recognise that we are unique;</li> <li>• Describe different feelings and use this skill to manage relationships;</li> </ul> <p>Understand that some families are different from theirs, but these families also love and care for one another.</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Talk about similarities and differences;</li> <li>• Name special people in their lives;</li> <li>• Describe different feelings;</li> <li>• Identify who can help if they are sad, worried or scared;</li> <li>• Identify ways to help others or themselves if they are sad or worried.</li> </ul>
Valuing difference	<p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Recognise that there are differences and similarities between themselves;</li> <li>• Celebrate their friends and include them;</li> </ul> <p>Understand people have different cultures and religions.</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Be sensitive towards others and celebrate what makes each person unique;</li> <li>• Recognise that we can have things in common with others;</li> <li>• Use speaking and listening skills to learn about the lives of their peers;</li> <li>• Know the importance of showing care and kindness towards others;</li> </ul> <p>Demonstrate skills in building friendships and cooperation.</p>
Keeping safe	<p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Explain what they should do if they feel unsafe;</li> <li>• Recognise potential dangers and how to stay safe, inside and outside;</li> </ul> <p>Learn the importance of keeping safe around medicines and unknown products.</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Talk about how to keep their bodies healthy and safe;</li> <li>• Name ways to stay safe around medicines;</li> <li>• Know how to stay safe in their home, classroom and outside;</li> <li>• Know age-appropriate ways to stay safe online;</li> </ul> <p>Name adults in their lives and those in their community who keep them safe.</p>
Rights and respect	<p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Learn about taking ownership of their own health;</li> <li>• Describe ways in which they can help others and why they would do so;</li> </ul> <p>Take care of their home, their learning environment and the natural environment.</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> <li>• Understand that they can make a difference;</li> <li>• Identify how they can care for their home, school and special people;</li> <li>• Talk about how they can make an impact on the natural world;</li> <li>• Talk about similarities and differences between themselves;</li> </ul> <p>Demonstrate building relationships with friends.</p>



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Being my best	Children will be able to: <ul style="list-style-type: none"> <li>• Talk about healthy choices and activities;</li> <li>• Develop resilience and persistence in their learning; Working cooperatively with others when faced with a challenge.</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>• Feel resilient and confident in their learning;</li> <li>• Name and discuss different types of feelings and emotions;</li> <li>• Learn and use strategies or skills in approaching challenges;</li> <li>• Understand that they can make healthy choices; Name and recognise how healthy choices can keep us well.</li> </ul>
Growing and changing	Children will be able to: <ul style="list-style-type: none"> <li>• Talk about change in the environment;</li> <li>• Describe the changes in babies, young animals and plants as they grow; Broaden their expectations beyond potential stereotypes of what girls and boys like, do or look like.</li> </ul>	Children will be able to: <ul style="list-style-type: none"> <li>• Understand that there are changes in nature and humans;</li> <li>• Name the different stages in childhood and growing up;</li> <li>• Understand that babies are made by a man and a woman;</li> <li>• Use the correct vocabulary when naming the different parts of the body;</li> </ul> Know how to keep themselves safe.

### PSHE Progression in KS1 & KS2

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Friendships &amp; Relationships</b>	Basic friendships, special people, being kind	Bullying, teasing, listening skills	Respectful relationships, cooperation	Healthy relationships, assertiveness	Compromise, emotional needs, managing conflict	Positive relationships, advanced assertiveness, recognising unhealthy behaviours
<b>Valuing Difference</b>	Celebrating simple differences	Helping others, community roles	Diversity and tolerance	Stereotypes and bias	Social media influence on identity	Prejudice-based bullying and bystander action
<b>Keeping Safe (including Online Safety)</b>	Safe touches, basic online safety	Secrets, touch, early online behaviours	Managing risk, drugs awareness	Peer influence, online safety in depth	Legal drugs, decision-making, online	Drugs and the law, media bias, advanced online safety



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					risk	
<b>Rights, Respect &amp; Responsibilities</b>	Taking care of myself, money, environment	Saving/spending, cooperation	Purpose of rules, communities	Rights/responsibilities & media influence	Rights, duties, making a difference	Democracy, environmental responsibility
<b>Health, Wellbeing &amp; Being My Best</b>	Growth mindset, hygiene, healthy eating	Exercise, sleep, hygiene	Keeping well, developing skills	Healthy choices, risk and influence	Keeping myself healthy, media awareness	Mental health, aspirations, risk management
<b>Growing &amp; Changing (RSHE)</b>	Body parts, independence	Life cycles, privacy	Early puberty concepts	Puberty changes and feelings	Managing change, big emotions	Puberty in depth, sex education, body image
<b>RSE Knowledge progression</b>						
<b>Families and People Who Care for Me</b> • Families provide love, stability and security • Families may look different but should be respected • Importance of	EYFS: Me and My Special People KS1: Who's in My Family?, Family and Friends	KS1: Who's in My Family?, Family and Friends	• LKS2: Family and Friends, Keeping Myself Safe	LKS2: Family and Friends, Keeping Myself Safe	UKS2: Different Families, Managing Change	UKS2: Different Families, Managing Change



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caring relationships • Where to go for help if unsafe						
<b>Caring Friendship</b> • Characteristics of healthy friendships (kindness, trust, respect) • Friendships can have ups and downs but can be repaired • Recognising unsafe or unkind friendships s	EYFS: Good Friends KS1: Caring Friendships, Good Friends,	KS1: Caring Friendships, Good Friends,	• LKS2: Qualities of Friendship, Solve the Friendship Problem	LKS2: Qualities of Friendship, Solve the Friendship Problem	UKS2: Assertiveness, Respect and Relationships	UKS2: Assertiveness, Respect and Relationships
<b>Respectful Relationships</b> • Importance of respect and courtesy • Understanding differences and equality • Self-respect and respecting others • Recognising stereotypes and prejudice	EYFS: What Makes Me Special? KS1: Valuing Difference, Special People	KS1: Valuing Difference, Special People	LKS2: Valuing Difference, Celebrating Differences	LKS2: Valuing Difference, Celebrating Differences	UKS2: Respect and Relationships, Valuing Difference	UKS2: Respect and Relationships, Valuing Difference
<b>Online Relationships</b> • Safe and responsible online behaviour • Respectful	KS1: Safe to be Me, Online Safety	KS1: Safe to be Me, Online Safety	LKS2: Online Safety Rules, Be a Good Friend Online	LKS2: Online Safety Rules, Be a Good Friend Online	UKS2: Online Safety, My Online Life	UKS2: Online Safety, My Online Life



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communication online • Understanding risks and seeking help						
<b>Being Safe</b> • Identifying safe and unsafe situations • How to report concerns or abuse • Understanding personal boundaries	EYFS: Keeping Myself Safe KS1: Safe and Unsafe, Who Can Help Me?	KS1: Safe and Unsafe, Who Can Help Me?	LKS2: Keeping Myself Safe, Keeping Safe Out and About	LKS2: Keeping Myself Safe, Keeping Safe Out and About	UKS2: Keeping Safe, Know the Norms	UKS2: Keeping Safe, Know the Norms
<b>Physical Health and Mental Wellbeing</b> • Importance of physical activity, healthy diet and sleep • Managing feelings and seeking support • Resilience and strategies for wellbeing	EYFS: My Body Needs KS1: Keeping Healthy, My Feelings	KS1: Keeping Healthy, My Feelings	LKS2: Healthy Lifestyles, Healthy Mind, Healthy Body	LKS2: Healthy Lifestyles, Healthy Mind, Healthy Body	UKS2: Mental Health, Resilience and Wellbeing	UKS2: Mental Health, Resilience and Wellbeing