



PSHE Curriculum & Progression Overview 2025-26



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



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



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



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PSHE Progression in EYFS

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



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

PSHE Progression in KS1 & KS2

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Friendships & Relationships	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
Valuing Difference	Celebrating simple differences	Helping others, community roles	Diversity and tolerance	Stereotypes and bias	Social media influence on identity	Prejudice-based bullying and bystander action
Keeping Safe (including Online Safety)	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	
Rights, Respect & Responsibilities	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
Health, Wellbeing & Being My Best	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
Growing & Changing (RSHE)	Body parts, independence	Life cycles, privacy	Early puberty concepts	Puberty changes and feelings	Managing change, big emotions	Puberty in depth, sex education, body image
RSE Knowledge progression						
Families and People Who Care for Me • 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						
Caring Friendship • Characteristics of healthy friendships (kindness, trust, respect) • Friendships can have ups and downs but can be repaired • Recognising unsafe or unkind friendships	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
Respectful Relationships • 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
Online Relationships • 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						
Being Safe • 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
Physical Health and Mental Wellbeing • 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