

PSHE & RSHE Curriculum Overview 2026-2027
Holmes Chapel Primary School and Nursery

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Making friends: playing and learning together	Mental health and wellbeing	Celebrating me, you and our families	Safety at home	Being healthy	Showing kindness to ourselves and others
Year 2	Mental health and wellbeing	Keeping safe online	Me, my body and staying safe	Money and work	Safety outside the home	Looking back and moving on
Year 3	Building healthy habits	Mental health and wellbeing	Me, my friends and belonging	Making choices online	Keeping safe out and about	Looking out for each other
Year 4	Mental health and wellbeing	Exploring ways to manage risk	Forming respectful relationships	Money matters and news literacy	Families and growing	Me, my body and growing up together
Year 5	Friendships, stereotypes and bullying	Mental health and wellbeing	Positively engaging with our world	Respecting boundaries	Safe connections online together	Embedding healthy habits and learning first aid
Year 6	Drug education: assessing risk and managing influences	Managing money and online spending	Changes in puberty (and sex education)	Mental health and wellbeing	Developing our understanding of AI	Looking to the future

Statutory RSHE	Economic Wellbeing & Careers	Statutory RSHE	Economic Wellbeing & Careers
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