The Harmony Trust PSHE Subject Overview (2026-27)

(Some topics bridge one or more themes and other aspects are taught through science or computing as and when the circumstances require it)

Key Themes

Relationships Education Themes	Health Education	Economic Wellbeing and Careers Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early Years	Taught across all areas of the curriculum through planned provision					
Year 1	Rules and Responsibilities	Feelings ***Zippy Module 1***	Healthy Lifestyles	Communication ***Zippy Module 2***	Keeping Safe	Communities
Year 2	Rules and Responsibilities	Making and Breaking Relationships ***Zippy Module 3***	Changing and Growing	Conflict Resolution ***Zippy Module 4***	Money	Separation and Loss ***Zippy Module 5***
Year 3	Rules and Responsibilities	Healthy Lifestyles	Resilience & Keeping Safe ***Zippy Module 6***	Safety (e-safety)	Similarities and Differences	Emotions
Year 4	Rules and Responsibilities	Growing and Changing	Feelings ***Apple Module 1***	Managing Money	Communication ***Apple Module 2***	First Aid
Year 5	Rules and Responsibilities	Nutrition and Food	Friendship ***Apple Module 3***	Drugs, Alcohol, Tobacco and Vaping	Solving Problems ***Apple Module 4***	Health
Year 6	Rights and Responsibilities	Changes, including Loss ***Apple Module 5***	Healthy Relationships	Aspirations	Economic Awareness	Moving Forward ***Apple Module 6***