

PSHE/RSE 2026-2027

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Self-regulation: My feelings	Building relationships: special relationships	Managing self: taking on challenges	Self-regulation: listening and following instructions	Building relationships: my family and friends	Managing self: my wellbeing
1	My healthy self: how can we look after our emotions?	Connecting with others: how can I help myself and others feel happy and safe?	The online world: how do we spend time online?	Citizenship: how can I help others and the environment?	Healthy protection: how can I protect myself and others in daily life?	Staying safe: how can I stay safe?
2	My healthy self: how can we look after our bodies?	Connecting with others: how can I build safe, kind and caring relationships with others?	The online world: how can we stay safe online?	Citizenship: how do people belong to a community and earn money?	Growing up: how can we look after and respect our bodies as we grow?	Staying safe: how can I make safe choices in different places?
3	My healthy self: how can I take care of my mind and body?	Connecting with others: what helps us feel safe and included?	The online world: how should we communicate online?	Citizenship: what rights and responsibilities do we have?	Healthy protection: how can we prevent illness and injury and respond if they happen?	Citizenship: what careers do people choose and why?
4	My healthy self: how can I make healthy choices?	Connecting with others: how can we respect each other?	The online world: how can we decide what to trust online?	Citizenship: how can I spend my money wisely?	Growing up: how can I manage the changes to my body and emotions as I grow up?	Staying safe: what signs help me recognise what is safe or unsafe?
5	My healthy self: how can I support my mind and body as I grow up?	Connecting with others: why are healthy relationships important?	The online world: how am I influenced by what I see online?	Citizenship: how can we make a difference in our communities and beyond?	Growing up: how can I stay safe as I grow up?	Citizenship: how can we be in control of our money?

6	My healthy self: how do my choices today shape my future health?	Connecting with others: what does it mean to stand up for myself and others?	The online world: how do I feel about the things I see online?	Citizenship: how can we protect everyone's rights?	Staying safe:	Sex education: how do people become parents and carers?
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