



KS1 PSHCE Curriculum Coverage and Progression 2026-27

Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Curriculum Content / Unit	Cit. Making friends: playing and learning together	Showing kindness to ourselves and others	Celebrating me, you and our families	Being healthy	Safety at home	Mental health and wellbeing
•To learn about the importance of ground rules in PSHE lessons. •To learn how to work and play with others •To learn that falling out and making up are normal in friendships, and how to seek help if a friendship is causing unhappiness. •To learn what it means to ask for permission						
•To learn about kind behaviour and what to do if they witness unkind behaviour. • To learn about kindness and how it can make people feel. • To learn about different things that help people feel good (self-care). • To learn to identify different feelings and think about other people's feelings.						
• To learn that everyone is unique and has special qualities • To learn that everyone is equal, regardless of their similarities and differences. • To learn about what makes a family • To learn about different types of families						
• To learn how to keep safe in the sun. • To learn about the things that will help us to fall asleep and get a good night's sleep. • To learn about food and drink that can help keep people healthy. • To learn about looking after our teeth.						
• To learn about ways to keep safe at home • To learn about things that go into bodies and onto skin and how they can make people feel. • To learn about medicines, and the people who help someone to stay healthy.						

• To learn about keeping safe around medicines and other household products.						
• To learn about feelings • To learn about distraction. • To learn how to pay attention to pleasant feelings. • To learn about helpful and unhelpful thoughts. • To learn about different ways of reacting.						

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Curriculum Content / Unit	Mental health and wellbeing	Keeping safe online	Me, my body and staying safe	Money and work	Keeping safe outside the home	Looking back and moving on
• To learn about thoughts and feelings and how noticing them can be helpful. • To learn about different kinds of distraction. • To learn about different ways of changing thoughts and feelings. • To learn how to manage unhelpful thoughts. • To learn about ways of managing reactions and responses.						
• To learn that there are age-ratings that can help us make choices about what to watch. • To identify and respond safely to manipulative, pressurising and unhealthy behaviour online. • To consider their own safety and rights and those of other children when sharing content online. • To learn that they should seek help from an adult they trust if they ever feel worried about anything that happens online.						
• To learn about the special people in our lives and how we care for one another. • To learn about how we change as we grow. • To name different parts of the body, including genitalia						
• To learn about how everyone has different strengths and interests. • To learn about different jobs and work that people do. • To learn about money and where it comes from. • To learn about spending and saving.						
• To learn how to keep safe when crossing the road. • To learn about rail safety • To learn how to care for the environment and know why this is important. • To learn about some of the jobs people do to protect the environment.						
Revisit and embed activities from Autumn 1 in year 2 lessons. • To learn about thoughts and feelings and how noticing them can be helpful. • To learn about different kinds of distraction. • To learn about different ways of changing thoughts and feelings. • To learn how to manage unhelpful thoughts. • To learn about ways of managing reactions and responses. • To learn how to manage feelings about moving to a new class						



LKS2 PSHCE Curriculum Coverage and Progression

Year 3	Autumn 1 Me, my friends and belonging	Autumn 2 Mental health and wellbeing	Spring 1 Building healthy habits	Spring 2 Making choices online	Summer 1 Keeping safe out and about	Summer 2 Looking out for each other
Curriculum Content / Unit						
- To learn about personal identity and how people express their identity. - To learn about friendship, including why it is important and what makes a good friend. - To know how to maintain good friendships. - To learn about solving disagreements and conflicts with peers. - To learn about belonging to a group or community and the positive impact of belonging.						
- To learn about noticing thoughts, feelings and emotions, and how emotions vary in strength. - To learn about different kinds of distraction and some ways they can be managed. - To learn about helpful patterns of thoughts and emotions. - To learn how to recognise and manage worry. - To learn how feeling calm can help us to manage our responses.						
- To learn about why healthier eating and drinking is important. - To learn how to manage influences when choosing what to eat or drink. - To learn how to plan and prepare a healthy meal. - To learn how to maintain dental health.						
- To learn how to create and manage passwords - To learn how to protect personal information and devices - To learn about the reasons for age ratings, including the BBFC classification system for films and other media. - To learn how to make appropriate viewing choices for ourselves and others and how to resist pressure to watch something we are unsure about.						

• To learn how to manage risk in relation to sun exposure, including skin damage and heat stroke. • To learn how to recognise and manage risk in relation to railways. • To learn about keeping safe near canals and rivers. • To learn about the risk of flooding.						
• To explain what an allergic reaction is • To give first aid to a casualty who is having an allergic reaction • To recognise when to call for help for a casualty who is having an allergic reaction. • To be able to identify when a casualty is having an allergic reaction to a bite or sting. • To be able to provide first aid treatment for a casualty who has been bitten or stung. • To be able to comfort and reassure a casualty who has been bitten or stung. • To be able to seek medical help if required. • To be able to understand that it is important to ensure the safety of myself and others in the event of an emergency. • To be able to assist in an emergency by correctly calling for help. • To be able to explain the information I need to give to emergency services if they are called to an incident.						

Year 4	Autumn 1 Cit. Mental health and wellbeing	Autumn 2 Exploring ways to manage risk	Spring 1 Forming respectful relationships	Spring 2 Money matters and news literacy	Summer 1 Me, my body and growing up	Summer 2 Families and growing together
Curriculum Content / Unit						
• How do rules make me feel happy and safe? • How do I take part in making rules? • Who looks after me and what are their responsibilities? • What jobs and responsibilities do I have in school and at home? • Can I listen to other people, share my views and take turns? • Can I take part in discussions and decisions in class? • To learn how describing emotions and their intensity can help to manage them. • To learn about internal and external distractions and how they can be managed. • To learn about different ways of thinking and how this impacts wellbeing. • To learn strategies that can help manage worries and positively impact emotions and behaviour. • To learn strategies that can help someone manage their responses. • To learn about the impact of different life changes, and strategies for dealing with grief.						
• To learn about keeping safe around fireworks, bonfires and sparklers. • To learn how to assess and manage risk at home. • To learn how to take responsibility for personal safety around roads. • To learn about risk in everyday situations. • To learn about the safe use of medicines and household products. • To learn that caffeine, cigarettes, vaping (e-cigarettes) and alcohol can affect people's health.						
• To learn about the value of friendships. • To learn about the challenges that friendships can face. • To learn how to respond to bullying and hurtful behaviour. • To learn about how kindness impacts on themselves, others and the world around them.						
• To learn about the role money plays in people's lives. • To learn that decisions can be made about spending money based on budget, value and needs. • To discuss news stories and how they can make people feel. • To use strategies to identify fake and real news stories. • To question images presented in news stories.						
• How are males and females different and what are the different parts called? • What can my body do and how is it special? • Why is it important to keep clean?						

• What can I do for myself to stay clean and how will this change in the future? • How do different illnesses and diseases spread and what can I do to prevent this?						
• To learn about family relationships. • To learn about different family structures. • To learn about change in families. • To learn about committed relationships, including marriage and civil partnership. • To learn about different types of families and how they can change • To learn about rights children have if parents separate and the type of support they might need						



UKS2 PSHCE Curriculum Coverage and Progression

Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Curriculum Content / Unit	Friendships, Stereotypes & Bullying	Mental Health & Wellbeing	Positively Engaging With Our Word	Respecting Boundaries	Safe Connections and RSE	Embedding Healthy Habits
- To learn about the benefits and importance of including others. - To learn about positive friendships and communicating respectfully. - To learn about the impact of bullying and how to seek support. - To learn how stereotypes can influence behaviours and attitudes towards different groups of people. - To learn how attitudes and opinions can sometimes be influenced by being exposed to prejudiced or extremist views. - To learn how to resist and challenge these viewpoints.						
- To learn about managing thoughts and emotions in everyday situations. - To learn about helpful and unhelpful distractions and strategies to manage them. - To learn about brain plasticity and how changing thinking habits can support wellbeing. - To learn how changing the way someone thinks about an event can support wellbeing. - To learn how managing reactivity can support wellbeing.						
- To consider the impact of news stories on feelings and emotions. - To identify fake news and its consequences - To understand that online news is targeted to the reader. - To learn how connecting to nature, and using other strategies, can help our wellbeing. - To learn about actions that people can take to help look after the environment. - To learn about the importance of community and working together to look after nature and our local environment.						

• To learn about giving and asking for permission (consent). • To learn about personal boundaries. • To learn about appropriate and inappropriate touch. • To learn about the importance of treating others respectfully.						
• To learn about the physical changes that happen during puberty. • To learn about the biological changes that happen during puberty. • To learn about emotional changes during puberty. • To recognise the features of healthy and respectful online relationships. • To identify the early signs of manipulation, inappropriate behaviour, and peer pressure. • To build skills and strategies to respond safely to online risks and manage online independence. • To know when and how to report or seek help from trusted adults or services like Click CEOP. • To describe healthy friendships, personal value impacts, and the importance of respect and consent both online and offline. • To recognise the features of healthy and respectful online relationships. • To learn how to make safe cyber choices when using computers and devices						
• To learn about how to stay safe in the sun and why sun protection is important. • To develop self-confidence. • To develop understanding of inclusivity in order to be a good team player. • To develop a positive mindset to become an effective goal setter. • To be able to identify a minor or major head injury. • To be able to give first aid to a casualty who has a head injury. • To be able to call for help for a casualty who has a head injury. • To be able to identify a casualty who is having an asthma attack. • To be able to assess a casualty's condition calmly and give first aid to someone who is having difficulty breathing due to asthma. • To be able to seek medical help, if required, for someone who is having an asthma attack.						

Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Curriculum Content / Unit	Mental Health and Wellbeing	Managing Money and Online Spending	Changes in Puberty (and sex education)	Drug Education: Assessing Risk and Managing Influences	Developing our AI Literacy	Looking to the Future
• To learn how noticing and naming emotions can help someone to regulate them. • To learn a variety of strategies for managing internal and external distractions. • To learn about developing positive thinking habits and how this supports wellbeing. • To learn about the impact of rumination and worry on emotions and behaviour, and strategies for managing rumination and worry. • To learn about managing stress. • To learn about the impact of loss and bereavement and strategies for dealing with grief.						
• To learn about the impact of money on emotional wellbeing. • To learn what it means to be a critical consumer. • To learn about risk in everyday situations. • To learn about risk in relation to gambling. • To learn about what influences young people to spend money online. • To learn how spending money online can affect someone's wellbeing.						
• To learn about the changes that happen during puberty (recap from year 5). • To learn about managing change and becoming more independent. • To learn about positive, healthy relationships. • To learn about how a baby is made. • To learn about the importance of sleep and routines that support good quality sleep.						
• To learn how the correct use of medicines, and vaccinations, can help to maintain health and wellbeing. • To learn about some of the risks and effects of legal and illegal drug use. • To learn about the reasons why people use drugs, and how to manage peer influence. • To learn how mixed messages about drug use in the media can influence opinions and decisions.						
• To learn about what artificial intelligence (AI) is and how it is used in our daily lives. • To learn about children's rights and how they can be impacted by AI.						

• To learn about AI chatbots and how they are different from humans. • To learn about why and how AI-generated images and videos are used online. • To learn about the ethics of creating and sharing AI-generated images or videos. • To learn about what images are appropriate to share online, and those that should not be shared.						
• To learn about the skills needed for different jobs. • To learn about how people choose a career. • To learn about routes into different jobs and career pathways. • To learn about the feelings pupils might experience when moving to secondary school, and ways of managing these feelings.						