

What your child learns in PSHE

Reception · 2026–27

Your child has a PSHE lesson every week, and each lesson explores a question, listed below for every half term. Ask your child what they talked about! If you have questions, please speak to the class teacher – you are welcome to see any lesson materials.

AUTUMN 1

Me and My Relationships

- **All About Me** – What makes me special?
- **What makes me special?**
- **Me and My Special People** – Who are the special people in my life?
- **Who can help me?** – Who do I go to if I feel worried or unhappy?
- **My feelings** – How do I know what I'm feeling and what can I do?
- **My feelings (2)** – What can I do if I feel sad or a friend feels sad?

AUTUMN 2

Keeping Safe

- **What's safe to go onto my body?**
- **What's safe to go into my body (including medicines)?**
- **Safe indoors and outdoors** – How can I keep safe in different places?
- **Listening to my feelings** – How do I know when something isn't safe?
- **Keeping safe online** – What should I do if I feel worried online?
- **People who help to keep me safe** – Who can I trust to help me?

SPRING 1

Rights and Respect

- **Looking after my special people** – How can I help care for my family?
- **Looking after my friends** – How can I help care for my friends?
- **Being helpful at home and caring for our classroom** – How can we take care of the places we live and learn?
- **Caring for Our World** – How can I help look after the world?
- **Looking after money (1)** – What is money and how do we use it?
- **Looking after money (2)** – How can we save money and keep it safe?

SPRING 2

Valuing Difference

- **I'm special, you're special** – What makes me (and you) special?
- **Same and different** – Why is it good that we're not all the same?
- **Same and different families** – What makes families similar or different?
- **I am caring** – What does kindness look and sound like?
- **I am a friend** – How do we build and show friendship?

SUMMER 1

Being My Best

- **Bouncing back when things go wrong** – How do we keep trying when things are hard?
- **Yes, I can!** – How can I turn "I can't" into "I can try"?
- **Healthy eating** – What foods help my body stay healthy?
- **My healthy mind** – What helps my mind feel healthy?
- **Move your body** – How does exercise help my body?
- **A good night's sleep** – How does sleep help me and what is my bedtime routine?

SUMMER 2

Growing and Changing

- **Seasons** – What are the seasons and how do they change?
- **Life stages** – How do plants, animals and people change as they grow?
- **Life stages: Human life stage** – Who will I be?
- **Where do babies come from?**
- **Getting bigger** – How am I changing as I grow?
- **Me and my body** – What are the private parts of my body called, and how do I keep them safe?

What your child learns in PSHE

Year 1 · 2026–27

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AUTUMN 1

Me and My Relationships

- **Why we have classroom rules** – How do rules help everyone learn and be safe?
- **How are you listening?** – What does good listening look and feel like?
- **Thinking about feelings** – How do we notice and name feelings?
- **Our feelings** – How can we help with 'not so comfortable' feelings?
- **Feelings and bodies** – What helps when bodies or feelings are hurt?
- **Good friends** – What makes and mends a good friendship?

AUTUMN 2

Keeping Safe

- **Super sleep** – Why does sleep matter and what helps a good night's sleep?
- **Who can help? (1)** – How does my body feel when I'm worried and who can help?
- **Good or bad touches?** – What are my private parts and what is the Underwear Rule?
- **Sharing pictures** – Why is consent important online?
- **What could Harold do?** – How can medicines be helpful and how do we stay safe?
- **Harold loses Geoffrey** – How do we manage the feelings that come with loss?

SPRING 1

Rights and Respect

- **Harold has a bad day** – How does behaviour affect others?
- **Around and about the school** – How do we care for our environment?
- **Taking care of something** – How do we look after things responsibly?
- **Harold's money** – Where does money come from and how do families spend it?
- **How should we look after our money?** – What is the value of money and how can we keep it safe?
- **Basic first aid** – Why is first aid important and what can I do to help?

SPRING 2

Valuing Difference

- **Same or different?** – What makes us the same or different?
- **Unkindness, teasing or bullying?** – How can I tell the difference between unkindness, teasing and bullying?
- **Harold's school rules** – Why do we have rules in school?
- **It's not fair!** – What is fair and unfair?
- **Who are our special people?** – Who are the special people in my life and why are they special?

SUMMER 1

Being My Best

- **I can eat a rainbow** – What foods help my body and why?
- **Eat well** – How can I build a healthy packed lunch?
- **Harold's wash & brush up** – Why are hygiene routines important?
- **Catch it! Bin it! Kill it!** – How do germs spread and how can we stop them?
- **Harold learns to ride his bike** – What helps me learn new skills?
- **Pass on the praise!** – How do support and feedback help us?
- **Inside my wonderful body!** – What's inside our bodies, and what helps them stay healthy?

SUMMER 2

Growing and Changing

- **Healthy me** – What do our bodies need to stay healthy?
- **Then and now** – How am I changing as I grow?
- **Taking care of a baby** – What do babies need?
- **Who can help? (2)** – What can I do if I see or experience bullying?
- **Surprises and "don't tell"** – What's the difference and who can I tell?
- **Keeping privates private** – Which parts are private and how do I keep them private?

What your child learns in PSHE

Year 2 · 2026–27

Your child has a PSHE lesson every week, and each lesson explores a question, listed below for every half term. Ask your child what they talked about! If you have questions, please speak to the class teacher – you are welcome to see any lesson materials.

AUTUMN 1

Me and My Relationships

- **Our ideal classroom** – What would make our classroom happy, safe and fair?
- **Our ideal classroom (2)** – What class rules will keep everyone safe, happy and ready to learn?
- **How are you feeling today?** – How do people show feelings and how can we respond?
- **Let's all be happy!** – How can we help others, and ourselves, with uncomfortable feelings?
- **Being a good friend** – What makes a good friend and how do friends care for each other?
- **Types of bullying** – What is bullying and how is it different from falling out?
- **Don't do that!** – How can we speak up if someone is unkind or bullying?

AUTUMN 2

Keeping Safe

- **Harold's picnic** – How do we use medicines safely and what else helps when we're ill?
- **How safe would you feel?** – How do I judge safe vs unsafe and who can help?
- **What should Harold say?** – When should I say "Yes", "No", "I'll ask", or "I'll tell"?
- **I don't like that!** – How do I say no to touch I don't like?
- **Fun or not?** – When "fun" touch isn't fun, what can I do?
- **Should I tell?** – What's the difference between a happy surprise and something we must tell?
- **Bullying or teasing?** – How can we tell teasing from bullying, online and face to face?

SPRING 1

Rights and Respect

- **Getting on with others** – What do we need to do our best, and help others do theirs?
- **When I feel like erupting** – What can I do when I feel like my words might burst out?
- **Feeling safe** – Who can help keep me safe and how do I ask?
- **How can we look after our environment?** – What could be better about our school, and how can we help?
- **Playing games** – How do we stay safe when playing and chatting online?
- **Harold saves for something special** – What are spending vs saving, and how do we choose?

SPRING 2

Valuing Difference

- **What makes us who we are?** – What makes us the same and different?
- **How do we make others feel?** – How does behaviour affect others?
- **When someone is feeling left out** – How can we include others?
- **An act of kindness** – What does kindness look like and how can I show it?
- **Solve the problem** – How can listening help us fix friendship problems?

SUMMER 1

Being My Best

- **You can do it!** – How do we learn new things and keep going?
- **My day** – What choices can I make and which are healthy?
- **Harold's postcard** – How do hygiene and vaccines keep us clean and healthy?
- **Harold's bathroom** – How do we look after our teeth?
- **What does my body do?** – What do my heart, lungs, stomach and intestines do?
- **Basic first aid** – What simple first-aid actions can help?
- **My body needs...** – What does our body need to stay healthy, and why do exercise, rest and sleep matter?

SUMMER 2

Growing and Changing

- **A helping hand** – How can I support others?
- **Sam moves away** – How does it feel when people leave?
- **Haven't you grown!** – How do we change as we grow?
- **My body, your body** – What is private about our bodies?
- **Respecting privacy** – Why is privacy important?
- **Some things we must always tell** – What should I do if someone touches me and tells me not to tell?

What your child learns in PSHE

Year 3 · 2026–27

Your child has a PSHE lesson every week, and each lesson explores a question, listed below for every half term. Ask your child what they talked about! If you have questions, please speak to the class teacher – you are welcome to see any lesson materials.

AUTUMN 1

Me and My Relationships

- **As a rule** – Why do we have rules and how are they decided?
- **Looking after our special people** – How do we keep relationships positive?
- **How can we solve this problem?** – How do we resolve conflicts fairly?
- **Friends are special** – What makes a good friend and how do we make up?
- **Thunks** – How do we share opinions respectfully?
- **Dan's dare** – What is a dare and how do I say no?
- **Tangram team challenge** – How can we cooperate and collaborate to do better together?

AUTUMN 2

Keeping Safe

- **Safe or unsafe?** – How can I judge a situation and what can I do?
- **Danger or risk?** – What's the difference and how do I decide?
- **The Risk Robot** – How can I reduce or manage risk?
- **Super Searcher** – How do I browse safely and spot misinformation?
- **Help or harm?** – How can things – including medicines – help and harm?
- **Alcohol and cigarettes: the facts** – What are the basic facts and risks?
- **Raisin challenge (1)** – How do we weigh up risks and make good decisions?

SPRING 1

Rights and Respect

- **Helping each other to stay safe** – Who helps us stay safe and healthy, and how can we help them too?
- **Recount task** – How can I tell fact from opinion?
- **Our helpful volunteers** – Why do people volunteer, and how do they help us?
- **Can Harold afford it?** – How do we make choices about spending and saving money?
- **Earning money** – How do people earn money and why are jobs paid differently?
- **Harold's environment project** – How can we look after our school environment?

SPRING 2

Valuing Difference

- **Respect and challenge** – How can we listen and respond respectfully, even when we disagree?
- **Family and friends** – What different families and relationships exist (incl. adoption, fostering, same-sex)?
- **Our friends and neighbours** – How are people similar and different and what helps us get on together?
- **Let's celebrate our differences** – Why is name-calling hurtful (incl. online) and what can we do?
- **Zeb** – Why are some people bullied or treated unfairly, and how should we respond?

SUMMER 1

Being My Best

- **Derek cooks dinner! (healthy eating)** – How do we plan a healthy, balanced party meal?
- **Poorly Harold** – How do illnesses spread, and how can we prevent and treat them safely?
- **Body team work** – How do the major organs work together as a team?
- **For or against?** – How do we debate health choices respectfully?
- **I am fantastic!** – How can I recognise achievements and set goals?
- **Top talents** – What are my talents and skills, and how can I develop them?
- **Getting on with your nerves!** – How do our brain and body work together, and how does teamwork help us succeed?

SUMMER 2

Growing and Changing

- **Relationship tree** – How do we build and keep healthy relationships (on & offline)?
- **Body space** – What is personal space and how can I be assertive?
- **None of your business!** – What is personal information online and how do I stay safe?
- **Secret or surprise?** – How do we tell a happy surprise from something we must tell?
- **Basic first aid** – What simple first-aid actions and help-seeking steps do I need?
- **My special pet** – How might we feel when we lose something special, and what helps?

What your child learns in PSHE

Year 4 · 2026–27

Your child has a PSHE lesson every week, and each lesson explores a question, listed below for every half term. Ask your child what they talked about! If you have questions, please speak to the class teacher – you are welcome to see any lesson materials.

AUTUMN 1

Me and My Relationships

- **Human machines** – How can we collaborate effectively?
- **OK or not OK? (Part 1)** – What makes a positive, healthy friendship?
- **OK or not OK? (Part 2)** – How can I say 'no' assertively, on & offline?
- **An email from Harold!** – How do I recognise and describe feelings (and their intensity)?
- **Different feelings** – How can I 'read' body language and respond helpfully?
- **Under pressure** – How do I resist pressure and respond to bullying?
- **When feelings change** – How can our feelings about someone change, and how can we show empathy?

AUTUMN 2

Keeping Safe

- **Danger, risk or hazard?** – What's the difference and how do we manage risk?
- **How dare you!** – How can I respond to dares and online challenges?
- **Keeping ourselves safe** – Who can help us manage unsafe situations?
- **Raisin challenge (2)** – How do influences affect our choices?
- **Picture Wise** – How do we stay safe when sharing images online?
- **Medicines: check the label** – How can we use medicines safely?
- **Know the norms** – Do most people really smoke, vape or drink a lot?

SPRING 1

Rights and Respect

- **Who helps us stay healthy and safe?** – What are our duties and responsibilities?
- **It's your right** – What are children's rights and how are they protected?
- **How do we make a difference?** – Why do rules matter and how can we influence them?
- **In the news!** – How does the media influence our opinions?
- **Why pay taxes?** – How do taxes support our community?
- **Safety in numbers** – How can we respond to unkind behaviour, and why does being an upstander matter?

SPRING 2

Valuing Difference

- **What would I do?** – How can we deal with aggressive behaviour and respectfully manage differences?
- **The people we share our world with** – How can we show respect for the diversity of our community?
- **That is such a stereotype!** – What are stereotypes and how can we challenge them?
- **Friend or acquaintance?** – How can we recognise the different types of relationships we have with people?
- **Islands** – How can we protect our personal body space and stay safe?

SUMMER 1

Being My Best

- **What makes me ME!** – What makes us similar to and different from each other?
- **Making choices** – What choices can we make for ourselves, and why do our choices matter?
- **SCARF Hotel** – How do a balanced diet, exercise and sleep help us lead a healthy lifestyle?
- **Harold's Seven Rs** – What can we do to care for the environment?
- **My school community (1)** – What is a community, and how do people help to support ours?
- **Basic first aid** – How can we help if someone is hurt or unresponsive?

SUMMER 2

Growing and Changing

- **Volunteering is cool** – How does volunteering benefit ourselves and our community?
- **Moving house** – How can we cope with changes, especially ones we didn't choose?
- **My feelings are all over the place!** – How do our feelings change as we grow up, and how can we manage them?
- **All change!** – Which body parts do males and females share, and which are different?
- **Secret or surprise?** – How do we tell a happy surprise from something we should tell an adult about?
- **Together** – What are different types of committed relationships?

What your child learns in PSHE

Year 5 · 2026–27

Your child has a PSHE lesson every week, and each lesson explores a question, listed below for every half term. Ask your child what they talked about! If you have questions, please speak to the class teacher – you are welcome to see any lesson materials.

AUTUMN 1

Me and My Relationships

- **Collaboration challenge!** – What does collaboration mean, and how do we work well together?
- **Give and take** – How can we use negotiation and compromise to sort out conflicts?
- **How good a friend are you?** – How can we respond helpfully to a friend's feelings?
- **Relationship cake recipe** – What makes a relationship healthy, and what makes it unhealthy?
- **Our emotional needs** – What do we all need to feel safe and content, and how can we cope when needs aren't met?
- **Being assertive** – How can we stand up for ourselves in a friendly, respectful way?
- **It could happen to anyone** – How do our reactions affect someone who is embarrassed or upset?

AUTUMN 2

Keeping Safe

- **Spot bullying** – How can we tell bullying from other unkind behaviour, and what can we do?
- **Play, like, share 1** – How can we stay safe and responsible online?
- **Play, like, share 2** – Who should we tell, and why should we never meet up alone with someone we only know online?
- **Decision dilemmas** – How can we assess risk and make safe decisions, even under pressure?
- **Vaping: healthy or unhealthy?** – How can we think critically about vapes, cigarettes and nicotine pouches?
- **Would you risk it?** – How can we weigh up risks and stand up to pressure from friends?
- **Drugs: true or false?** – What are the facts and laws about medicines, alcohol and other drugs?

SPRING 1

Rights and Respect

- **What's the story?** – How do different sources shape what we think about a health issue?
- **Fact or opinion?** – How can we spot bias in news and information?
- **Mo makes a difference** – How do voluntary, community and action groups help the wider community?
- **Rights, respect and duties** – What are our rights and duties towards the environment around us?
- **Spending wisely** – What influences what we buy, and how can we make good spending choices?
- **Lend us a fiver!** – What are the risks and benefits of borrowing and lending?

SPRING 2

Valuing Difference

- **Kind conversations** – What does good listening look like, and why does it matter?
- **Happy being me** – What is discrimination, and how can we challenge it?
- **The Land of the Red People** – What does a diverse society bring, and why does respect matter?
- **Is it true?** – How can we tell if what we see online is real, and how does it affect how we feel?
- **Stop, start, stereotypes** – How do stereotypes lead to bullying, and what can we do about it?

SUMMER 1

Being My Best

- **It all adds up!** – What does our body need to grow, stay healthy and work well?
- **Different skills** – What skills do we have, and how do they grow?
- **My school community (2)** – What does belonging to our school community mean, and how could we make it better?
- **Independence and responsibility** – As we get more independent, who is responsible for keeping us safe?
- **Star qualities?** – How do media images affect how we feel, and what qualities really matter?
- **Basic first aid, including sepsis awareness** – What should we do if someone stops breathing or is seriously unwell?
- **Thinking about habits** – What is a habit, and how can we build healthy ones?

SUMMER 2

Growing and Changing

- **How are they feeling?** – How do feelings affect our wellbeing, and how can we build resilience?
- **Taking notice of our feelings** – How do our bodies tell us how we feel, and what can we do if someone makes us feel unsafe?
- **Dear Ash** – When is it right to tell someone, even if we've been asked not to?
- **Growing up and changing bodies** – What changes happen at puberty, and how can we look after ourselves?
- **Changing bodies and feelings** – What do we need to know about our bodies and feelings at puberty?
- **Help! I'm a teenager – get me out of here!** – How can we manage changing emotions and conflict as we grow up?

What your child learns in PSHE

Year 6 · 2026–27

Your child has a PSHE lesson every week, and each lesson explores a question, listed below for every half term. Ask your child what they talked about! If you have questions, please speak to the class teacher – you are welcome to see any lesson materials.

AUTUMN 1

Me and My Relationships

- **Working together** – What helps a team work well together?
- **Let's negotiate** – How well did we negotiate, and how could we do it better?
- **Solve the friendship problem** – How can we give respectful, assertive advice about friendship problems?
- **Behave yourself** – How do people in a group affect what happens, and how can we stay assertive under pressure?
- **Assertiveness skills** – How can we stand up to pressure without hurting anyone?
- **Don't force me** – What are marriage and civil partnership, and why must they always be a free choice?
- **Acting appropriately** – How can we tell if touch or behaviour is appropriate, inappropriate or illegal, and what can we do?

AUTUMN 2

Keeping Safe

- **Think before you click!** – How fast does information spread online, and why is it so hard to take back?
- **To share or not to share?** – What should we share online, and how do we respect privacy and consent?
- **Pressure online** – Why do people feel pressured to share things online, and how can we stay safe?
- **Rat Park** – What is addiction, and how can meeting our emotional needs protect us?
- **What sort of drug is...?** – Why don't drugs fit neatly into "good" and "bad"?
- **Drugs: it's the law!** – What do the laws on drugs say, and why do we have them?
- **Alcohol: what is normal?** – Why do people think more young people drink than really do?

SPRING 1

Rights and Respect

- **Two sides to every story** – How can the same facts be used to tell different stories?
- **Fakebook friends** – How do online profiles give a misleading picture of people's lives?
- **What's it worth?** – How do we decide what things are worth, and how can we save and spend wisely?
- **Happy shoppers** – How could a new shopping centre be built in an environmentally sustainable way?
- **Democracy in Britain 1** – Elections: How do elections work, and what makes them fair?
- **Democracy in Britain 2** – How are (most) laws made?

SPRING 2

Valuing Difference

- **OK to be different** – Why are differences valuable, and how can we stand up for people who are bullied?
- **We have more in common than not** – How can we respect difference and support people who are bullied for who they are?
- **Respecting differences** – How can seeing things from someone else's point of view help us show respect?
- **Tolerance and respect for others** – How can prejudice affect a community, and how can we show respect for every group?
- **Boys will be boys?** – How do the media and online platforms spread gender stereotypes, and how can we challenge them?

SUMMER 1

Being My Best

- **This will be your life!** – What are your aspirations, and what steps could get you there?
- **Our recommendations** – How can we use research to make recommendations about a health or wellbeing issue in our community?
- **What's the risk? (1)** – How do we weigh up risks, including online and emotional ones?
- **What's the risk? (2)** – How do we judge risks in relationships and online, and do other people change how risky things feel?
- **Basic first aid, including sepsis awareness** – How can we stay calm and get the right help in an emergency?
- **Five Ways to Wellbeing project** – How can we share the Five Ways to Wellbeing with others?

SUMMER 2

Growing and Changing

- **I look great!** – How does the media affect how we feel about our bodies, and what really matters?
- **Media manipulation** – How do the media shape what we think is normal, and how can we challenge stereotypes?
- **Helpful or unhelpful? Managing change** – How can we cope with big changes, including moving to secondary school?
- **Is this normal?** – What changes happen at puberty, and how can we support ourselves and each other?
- **Making babies*** – How are babies made, and what does the law say about consent?
- **What is HIV?*** – How does HIV affect the body, how is it passed on, and how should people living with it be treated?

* How a baby is conceived and HIV form part of the school's non-statutory primary sex education provision (Year 6 lessons *Making babies* and *What is HIV?*). Parents receive two weeks' notice of these lessons. Please see our Relationships and Sex Education (RSE) Policy for further information, including parental rights of withdrawal.