

PRIMARY PSHE / RSE: LONG-TERM OVERVIEW

Updated overview for introduction from September 2026

	Autumn: Relationships			Spring: Living in the wider world			Summer: Health and wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and mental wellbeing	Growing and changing	Keeping safe
EYFS	People who are special to us; families and friendships; caring for others; making and playing with friends	Feeling safe; personal space and simple body boundaries; asking permission; trusted adults and seeking help	Recognising feelings; kindness; sharing and turn-taking; listening to others; similarities and differences	Belonging to our class and community; simple rules and routines; helping others; caring for living things and the environment	Using digital devices with adults; simple online safety; knowing to tell a trusted adult if something worries or upsets us	People who help us and the jobs they do; recognising that we need money to buy things; needs and wants through play	Healthy routines: food, physical activity, sleep, hygiene and oral health; naming and managing feelings; asking for help	Knowing that everyone is unique; how we grow and change; naming main body parts accurately; understanding that some parts are private	Recognising everyday risks; following safety rules; road, water and sun safety; trusted adults; knowing how to get help in an emergency
Year 1	Roles of different people; families; caring for others; making friends	Recognising privacy and personal boundaries; staying safe; seeking permission; trusted adults	How behaviour affects others; kindness; being polite and respectful; similarities and differences	Rules and why they matter; caring for others; needs of people and animals; looking after the environment	Using the internet and digital devices; communicating safely online; asking for help	What money is; needs and wants; looking after money; different jobs in the community	Keeping healthy: food, exercise, sleep, hygiene and sun safety; recognising and talking about feelings	Recognising what makes them unique and special; strengths; managing when things go wrong	How rules and age restrictions help us; basic online safety; recognising unsafe situations and telling a trusted adult
Year 2	Making friends; feeling lonely and getting help; different families and caring relationships	Managing secrets and surprises; resisting pressure; recognising hurtful behaviour; privacy and body boundaries	Recognising things in common and differences; playing and working cooperatively; sharing opinions respectfully	Belonging to groups; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information; recognising that not everything online is reliable	What money is; needs and wants; looking after money; saving and spending	Why sleep is important; medicines and vaccinations; keeping teeth healthy; managing feelings and asking for help	Growing older; the human life cycle; naming body parts accurately; changes, responsibilities and moving class	Safety in different environments; risk and safety at home; medicines and household products; emergencies and calling 999
Year 3	What makes a family; features of family life; positive friendships; support when friendships are difficult	Personal boundaries; privacy; safely responding to others; recognising hurtful behaviour and bullying; getting help	Recognising respectful behaviour; self-respect and courtesy; respecting differences and challenging stereotypes	The value of rules and laws; rights, freedoms and responsibilities; belonging and contributing to communities	How the internet is used; assessing information online; recognising misinformation and knowing where to get help	Different jobs and skills; job stereotypes; personal strengths and interests; setting goals	Healthy choices and habits; balanced lifestyles; what affects feelings; expressing and managing feelings	Personal strengths, interests and achievements; self-worth; managing and reframing setbacks	Risks and hazards; assessing and managing everyday risk; road, rail, water and fire safety; trusted adults
Year 4	Positive friendships, including online; inclusion; recognising and responding to loneliness	Responding to hurtful behaviour; bullying and discrimination; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing differences sensitively; challenging prejudice and discrimination	What makes a community; shared responsibilities; volunteering; valuing different contributions	How data and information are shared and used; digital footprints; advertising and persuasion; fact and opinion	Making decisions about money; spending and saving; budgeting; needs and wants; how choices affect others	Maintaining a balanced lifestyle; physical and mental health; oral hygiene and dental care; healthy habits	Physical and emotional changes in puberty; personal hygiene; support with change; respecting growing independence	Medicines and household products; drug use common to everyday life; making safe choices and getting help
Year 5	Managing friendships and peer influence; healthy friendships; resolving disagreements; seeking support	Physical contact and feeling safe; personal boundaries; permission and consent in everyday situations; trusted adults	Responding respectfully to a wide range of people; prejudice, discrimination and stereotypes; inclusion and equality	Protecting the environment; how resources affect communities; compassion and shared responsibility	How information online is targeted; different media types; fact, opinion and bias; unsafe or suspicious content	Job interests and aspirations; routes into work; influences on career choices; challenging workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies; mental wellbeing	Personal identity and individuality; qualities and strengths; emotional wellbeing; changes associated with puberty	Keeping safe in different situations; recognising emergencies; basic first aid; responding to risk and seeking help
Year 6	Attraction to others; romantic relationships; civil partnerships and marriage; changing relationships and friendships	Recognising and managing pressure; consent and boundaries; unsafe or harmful behaviour; reporting concerns and getting help	Expressing opinions and respecting other points of view; challenging prejudice and discrimination; respectful relationships	Valuing diversity; challenging discrimination and stereotypes; rights and responsibilities; contributing to communities	Evaluating media sources; sharing things online; online influence, manipulation and misinformation; AI-generated and altered content	Influences and attitudes to money; financial risks; gambling awareness; careers, ambitions and future pathways	What affects mental health and wellbeing; healthy coping strategies; body image; when, where and how to seek support	Human reproduction and birth; puberty and increasing independence; managing transition to secondary school	Keeping personal information safe; online harms and pressure; medicines, drugs, alcohol, smoking and vaping; emergencies and basic first aid

Planning note: EYFS learning provides developmentally appropriate foundations for the Year 1 curriculum and should be taught through the EYFS approach, including play, routines, stories and responsive teaching.