

PHP RSHE Curriculum 2026.27 Overview

Year	Term	Unit	Core learning / purpose	Indicative resources
EYFS	Autumn	PSED foundations	Friendship and bullying.	EYFS Framework; PSHE Association EYFS materials
EYFS	Spring	PSED foundations	Foundations for well-being.	EYFS Framework; PSHE Association EYFS materials
EYFS	Summer	PSED foundations	Self-regulation, managing self, healthy routines, safety and transition (including dental health).	EYFS Framework; PSHE Association NSPCC Talk PANTS
Year 1	Aut 1	Making friends: playing and learning together	Listening, sharing, cooperation, permission, friendships and recognising bullying.	PSHE Association / Quality Mark resources
Year 1	Aut 2	Mental health and wellbeing	Naming feelings and thoughts; simple self-regulation and self-care.	Foundations for Wellbeing
Year 1	Spr 1	Celebrating me, you and our families	Identity, similarities and differences, different families, care and belonging.	PSHE Association
Year 1	Spr 2	Safety at home	Hazards, medicines and household products; strategies for staying safe.	PSHE Association / drug education KS1
Year 1	Sum 1	Being healthy	Sleep, healthy food and drink, activity, hygiene, dental health and sun safety.	PSHE Association / health resources

Year 1	Sum 2	Showing kindness to ourselves and others	Feelings, kindness, empathy and caring behaviour.	PSHE Association
Year 2	Aut 1	Mental health and wellbeing	Feelings, intensity, self-regulation, change, loss and grief.	Foundations for Wellbeing
Year 2	Aut 2	Keeping safe online	Online content, safe choices, personal information and age-appropriate viewing.	CEOP Jessie & Friends / BBFC
Year 2	Spr 1	Me, my body and staying safe	Growing up, body-part vocabulary, privacy and PANTS protective rules.	NSPCC Talk PANTS / PSHE Association
Year 2	Spr 2	Money and work	Strengths/interests, jobs, earning money, needs and wants.	Careers & Enterprise Company / PSHE Association
Year 2	Sum 1	Keeping safe outside the home	Road, rail and water safety; emergencies; calling 999.	Road/rail/water safety resources
Year 2	Sum 2	Looking back and moving on	Consolidation, achievement and transition to KS2.	PSHE Association
Year 3	Aut 1	Me, my friends and belonging	Healthy friendships, inclusion and belonging.	PSHE Association
Year 3	Aut 2	Mental health and wellbeing	Managing worries and applying self-regulation strategies.	Foundations for Wellbeing
Year 3	Spr 1	Building healthy habits	Healthy eating, dental health and physical activity.	PSHE Association

Year 3	Spr 2	Making choices online	Passwords, device safety, online choices and age ratings.	CyberSprinters / BBFC
Year 3	Sum 1	Keeping safe out and about	Sun, road, rail and water safety; first aid and help-seeking.	PSHE Association / St John Ambulance Canal and Rivers Trust
Year 3	Sum 2	Looking out for each other	Care, responsibility, community and recognising when others need help.	PSHE Association
Year 4	Aut 1	Mental health and wellbeing	Extending self-regulation strategies and understanding factors that support wellbeing.	Foundations for Wellbeing
Year 4	Aut 2	Exploring ways to manage risk	Risk in different contexts, peer influence and personal safety.	PSHE Association / safety resources
Year 4	Spr 1	Forming respectful relationships	Conflict, bullying, respect, identity and belonging.	PSHE Association
Year 4	Spr 2	Money matters and news literacy	Money decisions, influences, news literacy and emotional impact.	Money & wellbeing / NewsWise
Year 4	Sum 1	Me, my body and growing up	Puberty, menstruation, wet dreams, hygiene, privacy and emotional change.	PSHE Association / NSPCC Talk PANTS
Year 4	Sum 2	Families and growing together	Diverse families, family change, marriage/partnership and support.	PSHE Association

Year 5	Aut 1	Friendships, stereotypes and bullying	Respectful friendships, bullying, stereotypes, prejudice and extreme views.	PSHE Association
Year 5	Aut 2	Mental health and wellbeing	Thought habits, rumination, worry, reactivity and wellbeing strategies.	Foundations for Wellbeing
Year 5	Spr 1	Positively engaging with our world	News, fake/targeted content, climate emotions, empathy and agency.	NewsWise / climate resources
Year 5	Spr 2	Respecting boundaries	Consent, permission, personal boundaries and appropriate/inappropriate touch.	PSHE Association / NSPCC
Year 5	Sum 1	Safe connections	Safe online socialising, cybercrime, fraud and reporting concerns.	CEOP / Cyber Detectives / NCA
Year 5	Sum 2	Embedding healthy habits and learning first aid	Sun safety, physical activity, goal setting and first aid.	PSHE Association / St John Ambulance
Year 6	Aut 1	Mental health and wellbeing	Emotional regulation, stress, worry, loss and transition wellbeing.	Foundations for Wellbeing
Year 6	Aut 2	Managing money and online spending	Economic wellbeing, advertising, spending influences, gambling/financial harms and support.	PSHE Association
Year 6	Spr 1	Changes in puberty (and sex education)	Puberty recap, independence, positive relationships and factual teaching about how a baby is made.	PSHE Association

			Withdrawal right applies only to the non-statutory sex-education content.	
Year 6	Spr 2	Drug education: assessing risk and managing influences	Legal/illegal drugs, risk, effects, pressure, tobacco, vaping and alcohol.	PSHE Association
Year 6	Sum 1	Developing our understanding of AI	Types of AI, generative AI, rights, safety, wellbeing, deepfakes and ethical use.	PSHE Association / Home Office
Year 6	Sum 2	Looking to the future	Career routes, strengths, aspirations and transition to secondary school.	Careers & Enterprise Company / transition resources