

PSHE and R(S)HE Overview - Cycle A – 2025/2026

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
New Beginnings	Growth Mindset	Welcome to LKS2: Resilience and Reflection	Resilience and Reflection	Emotional and mental health	Drugs and Alcohol Education
Feelings and Special People	Different Types of Families	Safety Online	Safety Online	Bereavement and loss	Relationship and Sex Education
Staying Safe	Healthy Bodies	Exercise	Exercise	Body image	E-Safety and Social Media
Healthy Me	Feeling Included	What I like	What I like	Puberty	The Police and the Law
CRL and Money Matters	Healthy Minds	Money Matters (Natwest Money Sense)	Money Matters (Natwest Money Sense)	Changes in friendship	YSA: Global Sustainable Development Goals
Social Action: All Around Us	Caring for the Environment and Social Responsibility	Emergency Situations	Emergency Situations	Be Internet Legends	Enterprise Project
				YSA: Life in Plastic	Power and Participation

Please Note: It is only Year 3 and 4's curriculum which is on a 2 year cycle.

PSHE and R(S)HE Overview Cycle B – 2026/2027

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
New Beginnings	Growth Mindset	Human Rights	Human Rights	Emotional and mental health	Drugs and Alcohol Education
Feelings and Special People	Different Types of Families	Respect, Falling out and Making up	Respect, Falling out and Making up	Bereavement and loss	Relationship and Sex Education
Staying Safe	Healthy Bodies	Healthy Living	Healthy Living	Body image	E-Safety and Social Media
Healthy Me	Feeling Included	YSA: Being part of a Community	YSA: Being part of a Community	Puberty	The Police and the Law
CRL and Money Matters	Healthy Minds	We Will Lead	We Will Lead	Changes in friendship	YSA: Global Sustainable Development Goals
Social Action: All Around Us	Caring for the Environment and Social Responsibility	Stereotypes	Stereotypes	Be Internet Legends	Enterprise Project
				YSA: Life in Plastic	Power and Participation

Please Note: It is only Year 3 and 4's curriculum which is on a 2 year cycle.