



# Draft PSHE Curriculum

Our PSHE curriculum for EYFS, KS1, and KS2 covers key themes such as Relationships, Keeping Safe, Understanding the Law, and Well-being, with age-appropriate questions designed to help children develop empathy, resilience, and respect. Lessons are planned across all year groups to progressively build skills for staying safe, making informed choices, and understanding rules and responsibilities in a supportive way.

EYFS *Nursery & Reception to be confirmed					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Relationships: How can I be a good friend?	Relationships: How can I make other children feel happy?	Relationships: How can I play nicely with others?	Relationships: How can adults at school help me?	Keeping Safe: How can I play safely?	Keeping Safe: How can I keep safe at school?
Keeping Safe: How can I keep safe at home?	Keeping Safe: Who are the police and how do they help us?	Understanding the Law: What are rules?	Understanding the Law: What are consequences?	Understanding the Law: What can I do if I'm feeling big emotions?	Well-being: How can I be a germ buster?
Well-being: How does food help me?	Well-being: How does exercise help me?				
Passport: What are emotions?	Passport: What is empathy?	Passport: What is respect?	Passport: What is self-worth?	Passport: What is resilience?	Passport: What is risk?

Year 1					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Relationships: How can I be an ally?	Relationships: How can I make friends?	Relationships: What if my friends are making me feel sad?	Relationships: What is bullying?	Relationships: Why are safe hands important?	Relationships: Why is name calling unkind?
Keeping Safe: How can I keep safe in new places?	Keeping Safe: How can I speak up?	Keeping Safe: How can I use things at home safely?	Keeping Safe: What is 999?	Keeping Safe: What is private information?	Keeping Safe: Who are my trusted adults?
Understanding the Law: How can I be responsible?	Understanding the Law: What can happen when rules are broken?	Understanding the Law: What do the police do?	Understanding the Law: Why have different rules in different places?	Well-being: What makes me special?	Well-being: What do feelings feel like?
Well-being: How can I share my feelings?	Well-being: How can I be an empathy expert?				

Year 2					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Relationships: How are we the same? How are we different?	Relationships: How can I work with different people?	Relationships: How do I share family worries?	Relationships: What is a family?	Relationships: Why are relationships important?	Keeping Safe: How can I keep safe online?
Keeping Safe: What are different types of meetings?	Keeping Safe: What are medicines?	Keeping Safe: What are private body parts?	Keeping Safe: What is fire safety?	Understanding the Law: What are needs and wants?	Understanding the Law: What is a job?

Understanding the Law: What is money?	Understanding the Law: What is the internet?	Understanding the Law: Why does age matter?	Well-being: How can I deal with change?	Well-being: What does it mean to be healthy?	Well-being: How can I look after my body?
Well-being: Why is sleep important?	Well-being: When do I need to take a break?				
Passport: What is empathy?	Passport: What is future planning?	Passport: What is respect?	Passport: What is self-worth?	Passport: What is resilience?	Passport: What is risk?
Passport: What is fact finding?	Passport: What is informed decision making?				

Year 3					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Relationships: How should we treat people?	Relationships: What can I do when friendships go wrong?	Relationships: What do we mean by consent in friendships?	Relationships: What is bullying?	Relationships: Who are my key people?	Keeping Safe: How can I share my worries?
Keeping Safe: What are emergency services?	Keeping Safe: What are emergency situations?	Keeping Safe: What do we mean by risk?	Keeping Safe: When should I break a secret?	Understanding the Law: How can I be a responsible citizen?	Understanding the Law: How do we enforce the law?
Understanding the Law: What are children's rights?	Understanding the Law: What is the law and why do we have it?	Well-being: What is mental health?	Well-being: What am I good at?	Well-being: How can intense feeling feel?	Well-being: What words can I use to talk about my feelings?
Well-being: How does school help me?					

Year 4					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Relationships: How can we be role models?	Relationships: What is a healthy friendship?	Relationships: What is discrimination?	Relationships: What is diversity?	Relationships: What is peer influence?	Relationships: Who makes up my community?
Keeping Safe: How can I keep safe in my local area?	Keeping Safe: How can we keep safe on the road?	Keeping Safe: What are hazards in the home?	Keeping Safe: What is first aid?	Keeping Safe: Who do I encounter?	Understanding the Law: How can I respect my environment?
Understanding the Law: What are protected characteristics?	Understanding the Law: What can I be?	Understanding the Law: What is hate crime?	Well-being: How do my choices help me to be healthy?	Well-being: What are healthy habits?	Well-being: Why is food fuel?
Well-being: How can I be a hygiene hero?	Well-being: How does school build my character?				

Year 5					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Relationships: How can my adult relationships affect my future?	Relationships: How do words have power?	Relationships: What are my personal boundaries?	Relationships: What are online friendships?	Relationships: What is grooming?	Relationships: What is media influence?
Relationships: What is peer pressure?	Keeping Safe: How can we keep our things safe?	Keeping Safe: How can we use our phones sensibly?	Keeping Safe: What are deep fakes?	Keeping Safe: What are the risks with money?	Keeping Safe: What do I know about drugs?

Keeping Safe: Why are our special people important?	Understanding the Law: How do rules help our community?	Understanding the Law: What can and can't I do on the internet?	Understanding the Law: What is gambling?	Well-being: What is my personal identity?	Well-being: How might puberty impact the way I feel?
Well-being: How might being online impact the way I feel?	Well-being: How might my activity levels impact the way I feel?	Well-being: How might school impact the way I feel?	Well-being: How can drugs and alcohol make people feel?		

Year 6					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Relationships: How can I get ready for secondary relationships?	Relationships: How can we be allies against racism?	Relationships: How can we challenge sexism?	Relationships: How can we respect different relationships?	Relationships: What is a debate?	Relationships: What is my relationship with authority?
Keeping Safe: How is my data shared?	Keeping Safe: What is spiking?	Keeping Safe: What is the issue with addiction? (Vaping/ smoking)?	Keeping Safe: Why does media have age restrictions?	Keeping Safe: Bonfire Night Lesson	Keeping Safe: Halloween Lesson
Understanding the Law: What different types of crime are there?	Understanding the Law: What does the law say about legal drugs?	Understanding the Law: What does the law say about marriage?	Understanding the Law: What is a weapon?	Understanding the Law: What is antisocial behaviour?	Understanding the Law: What is shop theft?
Well-being: What does 30 look like?	Well-being: How can I re-frame my thinking?	Well-being: How can I seek support for my mental health?	Well-being: How can I cope with leaving school?		
Passport: What is empathy?	Passport: What is future planning?	Passport: What is respect?	Passport: What is self-worth?	Passport: What is resilience?	Passport: What is risk?
Passport: What is fact finding?	Passport: What is informed decision making?				

\*Pol-Ed resources support the delivery of this content.