



PSHE CURRICULUM SEPTEMBER 2026 TO MEET THE NEW FRAMEWORK

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Making friends: Playing and learning together. - How to make friends - How to resolve arguments - Being kind and respectful - Asking for permission 	Mental health and wellbeing - Noticing feelings - Distraction - Paying attention to pleasant feelings. - Helpful and unhelpful thoughts - Reacting. 	Celebrating me, you and our families. - All different, all special - Sameness and difference - What makes a family? - Different families. 	Safety at home - Keeping safe at home - Keeping safe in the community - Keeping healthy - Medicines and household products. 	Being healthy - Keeping safe in the sun - Ready for sleep - Keeping healthy food and drink - Looking after our teeth - Importance of handwashing 	Showing kindness to ourselves and others. - Emotions - Kindness - Self-care 
Year 2	Mental health and wellbeing Foundations for wellbeing - Noticing and naming feelings - Different distractions - Changing thoughts and feelings - Managing unhelpful thoughts - Reactions and responses Change, loss and grief - What happens when things change 	Keeping safe online - Watching videos - Sharing pictures - Playing games - Helping to make good viewing choices - Keeping viewing choices safe. 	Me, my body and staying safe. Changing and growing up - My special people - Growing up- the human life cycle - Everybody's body - PANTS power 	Money and work - Strengths and interests - Different jobs Money and wellbeing - What is money? - Money choices 	Safety outside the home Road and rail safety - Crossing the road - Keeping safe around railways (locality) - Keeping safe around rivers (locality) - Caring for the environment. 	Looking back and moving on - Moving to a new class - Celebrate achievements. - How things change. 
Year 3	Me, my friends and belonging - Personal identity - What makes a good friend? - Falling out with friends - Belonging to a community. 	Mental health and wellbeing - Exploring emotions - Understanding distraction - Managing thoughts and emotions - Managing worries - Managing responses. 	Families and growing together - Family relationships - Diverse families - Family changes - Marriage and partnership 	Keeping safe out and about - Managing risk in the sun - Risks and keeping safe - Canals and rivers (local) - Rail safety (local) - Flood alert! (local) 	Building healthy habits (Links to science) - Healthier eating and drinking habits - Healthy eating- choices and influences - Ready, set, cook! - Exploring dental health - Physical activity 	Making choices online - Creating and managing passwords - Protecting your devices - What can we watch? - Can we choose what to watch? - Paying to play. 

Year 4	Mental Health and wellbeing - Describing emotions - Understanding internal and external distractions - Exploring different thinking habits - Different ways to manage worries - Strategies for calm - How do people manage change and loss? 	Exploring ways to manage risk - Firework safety - Keeping safe at home - Independently crossing the road - Exploring risk - Medicines and household products - Smoking, vaping and alcohol. 	Looking out for each other - Allergies - Bites and stings - Calling for help - Asthma - Head injuries 	Forming respectful relationships - Valuing friendships - Friendship challenges - What is bullying? - Kindness 	Respecting boundaries - Giving and seeking permission - Personal boundaries - Appropriate and inappropriate touch - How can the PANTS rule help us? 	Money matters and news literacy - How money is used - Making decisions about money - How news affects our feelings - Fake or real news? - Questioning images in the news. 
Year 5	Friendships, stereotypes and bullying - Including others - Positive and respectful friendships - Bullying and its impact - Challenging stereotypes - Addressing extremism - A world of difference 	Mental health and wellbeing - Noticing and naming emotions - Directing attention and managing distractions - Changing thinking habits - Rumination and worry - Managing reactivity 	Me, my body and growing up (link to science) - Time to change - Personal hygiene - Menstruation and wet dreams - Emotions and feelings - Building confidence (Talk PANTS) - Keeping safe- FGM 	Positively engaging with our world - Managing feelings about the news - Spotting fake news - Understanding that news is targetted - Connecting with nature - Everyday actions - Doing it together. 	Embedding healthy habits - Confidence - Team player - Goal setter 	Safe connections - Play, like, share - Blocking people - Respectful relationships - Socialising online - Making the right choice 
Year 6 <i>(parental right to withdraw applies to sex education)</i>	Mental health and wellbeing - Regulating emotions - Managing distraction - Developing positive thinking habits - Managing rumination and worry - Managing stress - How do people manage loss and support each other? 	Drug education: assessing risk and managing influences. (link to science) - Medicines - Legal and illegal drugs - Influences and pressure - Tobacco, vaping and alcohol in the media. - Gang culture and knife crime 	Changes in puberty (and sex education^^) - Puberty recap - Puberty- change and becoming independent - Positive, healthy relationships - How a baby is made - Getting a good night's sleep 	Managing money and online spending - Money and emotional wellbeing - Being a critical consumer - Chancing it – gambling - Spending influences - Wellbeing and support. 	Developing our AI literacy - What is AI - How does AI affect our rights? - What is an AI chatbot - The impacts of generative AI - The ethics of AI images - Pick your pics. 	Looking to the future - Job skills - Choosing a carer - Career routes - Moving to secondary and coping with change. 