

PRIMARY PSHE EDUCATION: LONG-TERM OVERVIEW 2026-27

Relationships	Living in the Wider World	Health and Wellbeing
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Group RSHE lessons with the school nurse are written in red.

	AUTUMN		SPRING		SUMMER	
Y1	<i>TEAM (Together Everyone Achieves More)</i> Belonging, behaviour, kindness, good choices, bullying and teasing	<i>THINK POSITIVE</i> The benefits of a positive outlook, thoughts, feelings, expressing emotions, gratitude and mindfulness	<i>DIVERSE BRITAIN</i> The positive effect we can have on the groups and communities to which we belong	<i>BE YOURSELF</i> Our positive qualities and individuality, feelings and strategies for managing uncomfortable emotions	<i>IT'S MY BODY</i> Choice and consent, sleep, exercise, diet, cleanliness and substances	<i>AIMING HIGH</i> Having high aspirations, celebrating our strengths, how having a positive outlook can help us learn
Y2	<i>VIPs</i> How we can nurture and develop positive relationships with the very important people in our lives. Resolving issues and getting help when we need it.	<i>SAFETY FIRST</i> How to stay safe outside, in the home, online and around strangers; The Underwear Rule and who can help us when we need it	<i>ONE WORLD</i> How we can learn from people and their ways of life in different places around the world; the environment and how to look after our wonderful world	<i>DIGITAL WELLBEING</i> Safe and responsible use of the internet; the importance of balancing online and offline activities, managing risks associated with the internet	<i>MONEY MATTERS</i> Where money comes from and how it can be use, kindness, respect and understanding that everyone is in an individual position	<i>GROWING UP</i> How we change physically and emotionally as we grow; respect, stereotypes, different types of families and how changes affect our emotions

	AUTUMN		SPRING		SUMMER	
Y 3	<i>TEAM</i> Teamwork and responsibilities	<i>THINK POSITIVE</i> Taking responsibility for decisions and developing a growth mindset.	<i>DIVERSE BRITAIN</i> British people, rules, the law, liberty and what living in a democracy means	<i>BE YOURSELF</i> Having confidence, how to express thoughts and feelings respectfully, the influence of the media and learning from mistakes.	<i>IT'S MY BODY</i> Making safe choices about our bodies, sleep, exercise, diet, cleanliness and substances	<i>AIMING HIGH</i> Goals and aspirations
Y4	<i>VIPs</i> Friendships, disputes and bullying	<i>SAFETY FIRST</i> Peer pressure, risks, hazards and dangers	<i>ONE WORLD</i> Inequality, stereotypes and how to make the world a fairer place	<i>DIGITAL WELLBEING</i> What we use the internet for and the benefits and risks of online activities.	<i>MONEY MATTERS</i> Where money comes from and how it can be used	<i>GROWING UP</i> How we grow and change, both physically and emotionally Also Introduction to growing up
Y5	<i>TEAM</i> How to disagree respectfully and communicate effectively	<i>IT'S MY BODY</i> Consent, autonomy, body image, stereotypes and substances that are harmful to our bodies Also Puberty: Introduction to body changes	<i>DIVERSE BRITAIN</i> Making positive contributions to community	<i>BE YOURSELF</i> Being proud of individuality, recognising peer pressure Also Puberty: More on body changes	<i>THINK POSITIVE</i> Exploring the links between thoughts, feelings and emotions	<i>AIMING HIGH</i> Achievements, aspirations and opportunities
Y 6	<i>VIPs</i> Kindness, respect, conflicts and resolutions	<i>SAFETY FIRST</i> Hazards, dangers and risks; safe use of roads, railways, water and fireworks Also The Science of what happens to boys and girls during puberty	<i>ONE WORLD</i> Responsibility for the environment and living things throughout the world	<i>DIGITAL WELLBEING</i> Online relationships, social media and fake news Also Puberty: fun quiz to assess learning	<i>MONEY MATTERS</i> Currencies around the world, financial risks, being a critical consumer, budgets and how money can affect emotions	<i>GROWING UP</i> Different types of relationships, positive body image and stereotypes

Year 1	Autumn 1: TEAM	• Together Everyone Achieves More • Listening • Being Kind • Bullying and Teasing • Brilliant Brains • Making Good Choices
	Autumn 2: Think Positive	• Think Happy, Feel Happy • It's Your Choice • Go-Getters • Let it Out • Be Thankful • Be Mindful
	Spring 1: Diverse Britain	• My School • My Community • My Neighbourhood • My Country • British People • What Makes Me Proud of Britain?
	Spring 2: Be Yourself	• Marvellous Me • Feelings • Things I Like • Uncomfortable Feelings • Changes • Speak Up!
	Summer 1: It's My Body	• My Body, My Business • Active and Asleep • Healthy Choices • Clean as a Whistle • Can I Eat It? • I Can Choose
	Summer 2: Aiming High	• Star Qualities • Positive Learners • Bright Futures

		• Jobs For All • Going For Goals • Looking Forward
Year 2	Autumn 1: VIPs	• Who Are Your VIPs? • Families • Friends • Falling Out • Working Together • Showing You Care
	Autumn 2: Safety First	• Keeping Safe • Staying Safe at Home • Staying Safe Outside • Staying Safe Around Strangers • Safe Secrets and Surprises • People Who Can Help
	Spring 1: One World	• Families • Homes • Schools • Environments • Resources • Planet Protectors
	Spring 2: Digital Wellbeing	• The Internet and Me • Online and Offline • Staying Safe Online • Personal Information • Communicating Online • True or False?
	Summer 1: Money Matters	• Money • Look After It! • Personal Information • Keeping Track • Want or Need? • Money and Emotions
	Summer 2: Growing Up	• Our Bodies • Is it OK?

		• Pink and Blue • Your Family, My Family • Getting Older • Changes
Year 3	Autumn 1: TEAM	• A New Start • Together Everyone Achieves More • Working Together • Being Considerate • When Things Go Wrong • Responsibilities
	Autumn 2: Think Positive	• Happy Minds • Thoughts and Feelings • Changes • Keep Calm and Relax • You're the Boss • Always Learning
	Spring 1: Diverse Britain	• Living in the British Isles • Democracy • Rules, Laws and Responsibilities • Liberty • Tolerance and Respect • What Does It Mean to be British?
	Spring 2: Be Yourself	• Pride • Feelings • Express Yourself • Know Your Mind • Media Wise • Making It Right
	Summer 1: It's My Body	• My Body, My Choice • Fit as a Fiddle • Good Night, Good Day • Cough, Splutter, Sneeze! • Drugs: Healing or Harmful? • Choices Everywhere

	Summer 2: Aiming High	• Achievements • Goals • Always Learning • Jobs and Skills • No Limit!
Year 4	Autumn 1: VIPs	• Family and Friends • Fabulous Friends • Is This a Good Relationship? • Falling Out • What is Bullying? • Stand up to Bullying
	Autumn 2: Safety First	• New Responsibilities • Risks, Hazards and Danger • Under Pressure • Safety When Out and About • Dangerous Substances • Injuries and Emergencies
	Spring 1: One World	• Chiwa and Kwende • Chiwa's Dilemma 1 • Chiwa's Dilemma 2 • Chiwa's Sugar • Chiwa's World • Charity for Chiwa
	Spring 2: Digital Wellbeing	• The Digital World • Digital Kindness • Do I Know You? • Online Information • Keep it Private • My Digital Wellness
	Summer 1: Money Matters	• Where Does Money Come From • Payment and Priorities • Reasons to Borrow • Online Financial Safety • Spending Decisions • What is a Budget? (Summer 2)

	Summer 2: Growing Up	● Introduction to Growing Up (CS) ● Relationships and Families
Year 5	Autumn 1: TEAM	● Together Everyone Achieves More ● Communicate ● Compromise and Collaborate ● Care ● Unkind Behaviour ● Shared Responsibilities
	Autumn 2: It's My Body	● Your Body is Your Own ● Exercise Right, Sleep Tight ● Taking Care of Our Bodies ● Harmful Substances ● How We Think and Feel About Our Bodies ● Healthy Choices
	Spring 1: Diverse Britain	● Identities ● Communities ● Respecting the Law ● Local Government ● National Government ● Making a Difference
	Spring 2: Be Yourself	● You Are Unique ● Let It Out ● Uncomfortable Feelings ● The Confidence Trick ● Do the Right Thing ● Making Amends
	Summer 1: Think Positive	● The Cognitive Triangle ● Thoughts Are Not Facts ● Face Your Feelings ● Choices and Consequences ● Being Present ● Yes, I Can!
	Summer 2: Aiming High	● You Can Achieve Anything! ● Breaking Down Barriers ● Future Focus

		• Equal Opportunities • The World of Work • Onwards and Upwards
Year 6	Autumn 1: VIPs	• People We Love • Think Before You Act • It's OK to Disagree • You Decide • Secrets • False Friends
	Autumn 2: Safety First	• You Are Responsible • What Are the Risks? • Making Your Mind Up • In an Emergency • Home - Safe and Sound • Outdoors - Playing it Safe
	Spring 1: One World	• Global Citizens • Global Warming • Energy • Water • Biodiversity • In our Hands
	Spring 2: Digital Wellbeing	• My Digital Life • Staying Safe, Healthy and Happy Online • Online Relationships • Social Media • Saying No to Online Bullying • Fake News
	Summer 1: Money Matters	• Currency and Spending Options • Spending Influences • Budgeting • Money and Emotional Wellbeing • Online Financial Safety • Employment Choices (Summer 2)
	Summer 2: Growing Up	• Changing Emotions • Just the Way You Are

		• Relationships
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Further information

- The resources used for teaching these sections are available on the Duke of Kent School Google Drive.
- The School Nurse, PSHE co-ordinator and Deputy Head are all available to lead PSHE sessions or to support teachers in their work in this area.