

## RSHE / PSHE Curriculum Route Maps 2026

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p><u>Autumn 1</u></p> <p>(Links to Statutory RSHE Guidance July 2026)</p>	<p><b>Self-regulation: My feelings</b> 6 lessons</p> <p>In this unit, children are learning to explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions</p>	<p><b>My healthy self: How can we look after our emotions?</b> 7 lessons</p> <p>Recognising and naming a range of emotions, pupils learn to identify facial and body clues linked to feelings. They explore what helps them feel calm and happy, understand the importance of rest and enjoyable activities, and practise simple strategies for managing different emotions.</p>	<p><b>My healthy self: How can we look after our bodies?</b> 6 lessons</p> <p>Understanding how everyday choices support health and wellbeing by exploring the effects of movement, sleep, food and drink on the body. Pupils identify healthy habits, including eating fruit and vegetables, drinking water, resting well and caring for their teeth, before planning a simple healthy daily routine.</p>	<p><b>My healthy self: How can I take care of my mind and body?</b> 7 lessons</p> <p>Examining the connection between the mind and body by recognising and describing a wide range of emotions and feelings. Pupils identify habits that support healthy sleep, consider the impact of bullying on wellbeing and learn how and where to access support when needed.</p>	<p><b>My healthy self: How can I make healthy choices?</b> 7 lessons</p> <p>Understanding how healthy choices support both physical and mental wellbeing by exploring exercise, nutrition and hydration. Pupils identify strategies for developing a growth mindset and recognise how acts of kindness and helping others can have a positive impact on themselves and those around them.</p>	<p><b>My healthy self: How can I support my mind and body as I grow?</b> 6 lessons</p> <p>Understanding how everyday choices can support physical and emotional wellbeing by exploring nutrition, physical activity and self-regulation. Pupils learn to read food labels, identify ways to build more movement into their routines and practise strategies for managing emotions and seeking support when needed.</p>	<p><b>My healthy self: How do my choices today shape my future health?</b> 6 lessons</p> <p>Learning about the importance of daily dental care and how choices about food, drink and lifestyle can affect long-term health and wellbeing. Pupils think critically about healthy eating, including calories as a unit of energy, and consider how habits and reactions can influence relationships, learning and future success. They also explore how a growth mindset can build confidence and resilience when facing challenges.</p>
<p><u>Autumn 2</u></p> <p>(Links to Statutory RSHE Guidance July 2026)</p>	<p><b>Building relationships: Special relationships</b> 6 lessons</p> <p>In this unit, children are learning to explore why families and special people are valuable, understand why it is important to share and develop strategies, see</p>	<p><b>Connecting with others: How can I help myself and others feel happy and safe?</b> 6 lessons</p> <p>identifying what makes them and others special, pupils learn how friends, family and classmates can help and support each other. They explore how respect is shown through</p>	<p><b>Connecting with others: How can I build safe, kind and caring relationships with others?</b> 6 lessons</p> <p>Recognising how families and communities can be similar and different, pupils learn about kindness, respect and positive relationships. Pupils recognise unkind</p>	<p><b>Connecting with others: What helps us feel safe and included?</b> 6 lessons</p> <p>Recognising their own strengths, qualities and boundaries, pupils develop self-worth and confidence in expressing themselves respectfully. Pupils explore how families and friendships provide support, practise ways to repair</p>	<p><b>Connecting with others: How can we respect each other?</b> 6 lessons</p> <p>Examining respectful and disrespectful behaviour by considering how actions and expectations can vary in different settings. Pupils develop strategies for building trust and resolving friendship challenges,</p>	<p><b>Connecting with others: Why are healthy relationships important?</b> 6 lessons</p> <p>Investigating identity, values and relationships by considering how experiences and beliefs can influence choices and behaviour. Pupils examine the role of commitment and support within families, identify where to seek help if home feels unsafe and develop strategies for</p>	<p><b>Connecting with others: What does it mean to stand up for myself and others?</b> 6 lessons</p> <p>Developing self-respect and resilience by setting personal goals and practising respectful behaviour in different situations, including online. Pupils build skills in setting boundaries, challenging stereotypes, discrimination and bullying, and recognising</p>

## RSHE / PSHE Curriculum Route Maps 2026

	themselves as valuable individuals and explore diversity through thinking about similarities and differences. II	behaviour in different situations and identify simple strategies for managing disagreements in families and friendships.	behaviour, including bullying, explore personal space, privacy and boundaries and identify trusted adults who can help them when they feel worried or unsafe.	friendships and identify different types of bullying and how to respond to them.	practise responding to bullying and learn how stereotypes can negatively affect people and communities.	building and maintaining healthy friendships.	when to seek help from trusted adults and support services.
<u>Spring 1</u>  (Links to Statutory RSHE Guidance July 2026)	<b>Managing self: Taking on challenges</b> 6 lessons In this unit, children will understand why we have rules, the importance of persistence and perseverance in the face of challenges, learn how to communicate effectively with others, practice 'grounding' coping strategies, and to learn new skills that will help them show resilience and perseverance in the face of challenge.	<b>The online world: How do we spend time online?</b> 6 lessons Understanding how to stay safe and respectful online and recognising the different ways people use the internet in everyday life. Pupils compare online and offline activities, explore appropriate online behaviour and identify strategies for staying safe and responding to unsuitable content.	<b>The online world: How can we stay safe online?</b> 6 lessons Developing an understanding of how people use the internet safely, including sharing information, protecting private information and recognising that not everything online is real. Pupils apply their understanding by identifying safe and unsafe online situations, evaluating online content and explaining how to respond safely when they need help.	<b>The online world: How should we communicate online?</b> 6 lessons Exploring online and in-person communication, including respectful behaviour, misunderstandings and how communication can affect safety online. Pupils identify unsafe online situations, consider how to respond to online bullying and apply their understanding to communicate safely and respectfully online.	<b>The online world: How can we decide what to trust online?</b> 6 lessons Developing critical thinking skills through exploring how information is found, shared and presented online. Pupils evaluate the reliability of digital content by checking sources, identifying misleading information and comparing evidence before deciding what to believe.	<b>The online world: How am I influenced by what I see online?</b> 6 lessons Considering how online content can influence choices by examining advertising, influencers and persuasive techniques used online. Pupils develop critical thinking skills by considering spending decisions, recognising possible scams and identifying strategies to respond safely to pressure and persuasion.	<b>Online world: How do I feel about the things I see online?</b> 6 lessons Exploring how online experiences can influence our thoughts, feelings and behaviour, and recognising online risks to support safe decision-making, including learning how to respond to online bullying and other harmful behaviour.
<u>Spring 2</u>  (Links to RSHE Guidance July 2026)	<b>Self-regulation: Listening and following instructions</b> 6 lessons In this unit, children will learn why it is	Coming 21 July 2026 <b>Citizenship:</b> How can I help others and the environment?	Coming 21 September 2026 <b>Citizenship:</b> How do people belong to a community and earn money?	Coming 21 July 2026 <b>Citizenship:</b> What rights and responsibilities do we have?	Coming 21 September 2026 <b>Citizenship:</b> How can I spend my money wisely?	Coming 21 July 2026 <b>Citizenship:</b> How can we make a difference in our communities and beyond?	Coming 1 November 2026 <b>Citizenship:</b> How can we protect everyone's rights?

## RSHE / PSHE Curriculum Route Maps 2026

	important to be an honest, thoughtful and resilient active listener who can respond to instructions and how they can become one.						
<p><u>Summer 1</u></p> <p>(Links to Statutory RSHE Guidance July 2026)</p>	<p><b>Building relationships: My family and friends</b> 6 lessons</p> <p>In this unit, children will learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another.</p>	<p><b>Health protection: How can I protect myself and others in daily life?</b> 6 lessons</p> <p>Exploring illnesses and injuries, understanding the roles of different healthcare workers in prevention and treatment and practising how to get medical help. Pupils investigate how germs spread, practise ways to reduce the risk of illness and learn when and how to seek help in an emergency.</p>	<p><b>Growing up: How can we look after and respect our bodies as we grow?</b> 6 lessons</p> <p>Recognising how people grow and change over time through learning about physical development, privacy and personal boundaries. Pupils learn that change is a normal part of growing up, use the correct scientific names for private body parts and identify trusted people who can help if they feel worried or unsafe.</p>	<p>Growing up: How can we look after and respect our bodies as we grow? 6 lessons</p> <p>Recognising how people grow and change over time through learning about physical development, privacy and personal boundaries. Pupils learn that change is a normal part of growing up, use the correct scientific names for private body parts and identify trusted people who can help if they feel worried or unsafe.</p>	<p>Growing up: How will my body and emotions change as I grow up? 6 lessons</p> <p>Learning about the physical and emotional changes that occur during puberty, pupils recognise that these changes are normal and happen at different times for everyone.</p>	<p>Growing up: How can I manage the changes to my body and emotions as I grow up? 6 lessons</p> <p>Understanding the physical and emotional changes that happen during puberty, including their impact on feelings, behaviour and relationships. Pupils explore personal hygiene, periods, kindness, respect and personal boundaries, and identify trusted sources of support during puberty.</p>	<p><b>Staying safe: How can I stay safe as I grow up?</b> 6 lessons</p> <p>Developing understanding of hazards, risks and safer choices by exploring how to stay safe at home, outdoors, on public transport and around water. Pupils also consider how peer pressure, consent, boundaries and drug misuse can affect decisions and learn strategies to protect themselves and others.</p>
<p><u>Summer 2</u></p> <p>(Links to Statutory RSHE Guidance July 2026)</p>	<p><b>Managing self: My wellbeing</b> 6 lessons</p> <p>In this unit, children will learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.</p>	<p><b>Staying safe: How can I stay safe?</b> 6 lessons</p> <p>Recognising how rules help to keep people safe by identifying everyday hazards and understanding situations that could cause harm. Pupils explore ways to stay</p>	<p>Coming 21 July 2026</p> <p><b>Staying safe: How can I make safe choices in different places?</b></p>	<p>Coming 1 November 2026</p> <p><b>Citizenship: What careers do people choose and why?</b></p>	<p>Coming 1 November 2026</p> <p><b>Citizenship: How can we be in control of our money?</b></p>	<p>Coming 1 November 2026</p> <p><b>Citizenship: How can we be in control of our money?</b></p>	<p><b>Sex education: How do people become parents and carers?</b> 3 lessons</p> <p>Learning the correct terminology for body parts, <b>pupils develop an understanding of how babies are conceived, grow during pregnancy and are born. They learn about consent and the</b></p>

## RSHE / PSHE Curriculum Route Maps 2026

		<p>safe around roads and potentially dangerous items, recognise body clues that signal a problem and learn how to seek help from a trusted adult when needed.</p>					<p>legal age of consent, explore different types of families, and understand the responsibilities and lifelong commitment involved in having a baby. (RED = content which parents can withdraw their child from) First Aid 3 lessons Practising basic first aid skills through learning how to stay calm, assess a situation and respond to common emergencies. Pupils learn how to make an effective 999 call and identify when emergency services or other sources of help are needed.</p>
--	--	---	--	--	--	--	--