

Whole School PSHRE Overview 2026-27

In Personal, Social, Health, Relationships and Economic (PSHRE) lessons, we prepare children for the opportunities and responsibilities of adult life whilst promoting their social, moral, mental and physical development. Through our PSHRE curriculum, children learn about relationships, including those which are online, understand how to be healthy and stay safe and the importance of economic wellbeing and having a career. All the statutory content for Relationships and Health Education is covered in our PSHRE curriculum which follows the PSHE Association model.

Discussion is at the heart of our teaching of PSHRE as we want all children to develop the knowledge, skills and attitudes they need to make informed decisions about their wellbeing, health and relationships as they move from childhood to adolescence and onto their adult lives. In lessons, children are given time to explore, think and question. They are encouraged to listen to others and to respect their views.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nur	Learning to play together and solve conflicts.	Showing more confidence in new social situations	Developing appropriate ways of being assertive with others. Understanding how to talk to others to solve conflicts.	Develop their sense of responsibility and membership of a community.	Understanding and describing feelings. Working to achieve a goal.	Making healthy choices
Rec	Building constructive and respectful relationships	Understanding ourselves as valuable individuals. Thinking about the perspective of others.	Express their feelings and consider the feelings of others.	Show resilience and perseverance in the face of challenge. Understand how to manage their own needs.	Health and Wellbeing: healthy eating and looking after our teeth	Health and Wellbeing: screen time, sleep habits and road safety
Y1	Making friends: playing and learning together	Mental health and wellbeing	Celebrating me, you and our families	Safety at home	Being Healthy	Showing kindness to ourselves and others
Y2	Mental health and wellbeing	Keeping safe online	Me, my body and staying safe	Money and work	Safety outside the home	Looking back and moving on
Y3	Me, my friends and belonging	Mental health and wellbeing	Building healthy habits	Making choices online	Keeping safe out and about	Looking out for each other
Y4	Mental health and wellbeing	Exploring ways to manage risk	Forming respectful relationships	Money matters and news literacy	Me, my body and growing up	Families and growing together
Y5	Friendships, stereotypes and bullying	Mental health and wellbeing	Positively engaging with our world	Respecting boundaries	Safe connections online	Embedding healthy habits and learning first aid

Y6	Mental health and wellbeing	Managing money and online spending	Changes in puberty	Drug education: assessing risk and managing influences	Developing our AI literacy	Looking to the future
----	-----------------------------	------------------------------------	--------------------	--	----------------------------	-----------------------