

PSHE Curriculum Map 2025/2026 (PSHE Association)

- EYFS**
- 1. Personal development** - Children learn to build confidence & self-esteem, develop independence (e.g. dressing, toileting, making choices), recognise their own feelings & needs e.g. choosing activities, praising effort rather than outcome and talking about “what makes me special”.
 - 2. Social development** - Children learn to form positive relationships, share, take turns & cooperate, show kindness & respect e.g. group games & turn-taking activities, role play (home corner, shop, doctors) and modelling polite language and empathy.
 - 3. Emotional development** - Children learn to identify & name emotions, begin to manage big feelings, seek help when needed e.g. emotion cards or mirrors, calm-down spaces, stories about feelings (e.g. anger, worry, friendship).
 - 4. Health and wellbeing** - Children learn about healthy eating & exercise, basic hygiene (handwashing, brushing teeth) and keeping safe e.g. snack-time discussions, outdoor physical play and talking about safe and unsafe situations.

PSHE is taught in Early Years through play-based learning, daily routines (snack time, tidy-up, circle time), stories, songs, & role play and adult modelling & positive reinforcement. It is woven naturally into everyday experiences, rather than taught as formal lessons.

Lower Key Stage 1	Class	Autumn: Relationships			Spring: Living in the wider world			Summer: Health and Wellbeing		
		Families and Relationships	Safe relationships	Respecting others and ourselves	Belonging to a community	Media literacy and digital resilience	Money and work	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
	Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others’ needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help;	Recognising things in common and differences; playing and	Belonging to a group; roles and responsibilities; being the same	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy;	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety	

			recognising hurtful behaviour	working cooperatively; sharing opinions	and different in the community			keeping teeth healthy; managing feelings and asking for help		at home; emergencies
Lower Key Stage 2	Year 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and re framing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
	Year 4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life
Upper Key Stage 2	Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respect fully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereo types	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM

	Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media
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