

The PSHE Curriculum

Cycle 1



Early Years

Who am I?

My Family and People Who Care

We are all Different
What makes us special

Other People's Feelings
How do our actions affect others

Healthy Lifestyles

Our Community

Growing and Changing

Rights and Responsibilities

Caring Friendships

Families and people who care for me

Keeping Safe
Internet safety, water, railway, road and fire safety

Physical Health and Fitness

Mental wellbeing
Self-care

Keeping Safe
Internet safety, water, railway, road and fire safety

Healthy Relationships

Families and people who are for me

Responsibility
Caring for our environment

Self-Awareness
Setting Goals

Changing Adolescent Body
(Sex Education)

Rights and Responsibilities
British values

Respectful Relationships
Valuing difference

Safe Relationships
E-safety and digital resilience

Keeping Safe
First aid, water, railway, road and fire safety

Health and Prevention

Year 1/2

Year 3/4

Year 5/6

The PSHE Curriculum

Cycle 2



Early Years

Who am I?

My Family and People Who Care

We are all Different
What makes us special

Other People's Feelings
How do our actions affect others

Healthy Lifestyles

Our Community

Friendships
Managing conflict

Money

Healthy Relationships

Mental Wellbeing
Feelings and emotions.

Keeping Safe
Boundaries and understanding when to say no.

Healthy Lifestyles
Physical activity, diet, teeth, personal hygiene and mental well-being to stay health

Year 1/2

Year 3/4

Healthy Lifestyles and Exercise

Keeping Safe Online

Feelings and Emotions
Mental wellbeing

Safe Relationships

Money

Belonging to a Community

Changing Adolescent Body
(Sex Education)

Money and Work

Healthy Relationships

Keeping Safe
Boundaries and privacy

Drugs, Alcohol, and Tobacco, Diet/Teeth and First Aid

Mental Wellbeing

Year 5/6