

PHSE Curriculum

Cycle 1



Early Years

Celebrating me,
you and our
families

Making friends:
Playing and
learning
together

Mental health
and wellbeing.

Being healthy.

Safety outside
the home.

Me, my body
and staying
safe.

Year 1/2

Celebrating me,
you and our
families.

Making friends:
playing and
learning
together.

Mental health
and wellbeing.

Being healthy.

Safety at home.

Showing
kindness to
ourselves and
others.

Year 3/4

Me, my friends
and belonging.

Making choices
online.

Mental health
and wellbeing

Building
healthy habits.

Keeping safe
out and about.

Looking back
and moving on.

Year 5/6

Friendships,
stereotypes
and bullying.

Safe
connections
online.

Mental health
and wellbeing

Positively
engaging with
our world
(Y6- Drug
education)

Embedding
healthy habits
and learning
first aid.

Changes in
puberty (and
sex education).

PSHE Curriculum

Cycle 2



Early Years

Celebrating me,
you and our
families

Making friends:
Playing and
learning
together

Mental health
and wellbeing.

Being healthy.

Safety outside
the home.

Me, my body
and staying
safe.

Year 1/2

Me, my body
and staying
safe.

Keeping safe
online.

Mental health
and wellbeing.

Money and
work.

Keeping safe
outside the
home.

Looking back
and moving on.

Year 3/4

Families and
growing
together.

Forming
respectful
relationships.

Mental health
and wellbeing

Money matters
and news
literacy.

Exploring ways
to manage risk.

Me, my body
and growing up.

Year 5/6

Respecting
boundaries.

Developing our
AI literacy.

Mental health
and wellbeing

Managing
money and
online
spending.

Looking to the
future
(enterprise)
(Y6– Knife
crime)

Changes in
puberty
(and sex
education).