

Long Term Progression in PSHE and RSE Overview 2026-2027

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE/RSE Unit	<i>My Healthy Self</i>	<i>Connecting with Others</i>	<i>The Online World</i>	<i>Citizenship</i>	<i>Staying Safe</i>	<i>Health and Protection or Growing up</i>
British Value	<i>Tolerance</i>	<i>Mutual Respect</i>	<i>Rule of Law</i>	<i>Democracy</i>	<i>Individual Liberty</i>	

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
No Outsiders (Covered in Autumn Term)	<i>You Choose</i>	<i>Elmer</i>	<i>Can I Join Your Club?</i>	<i>This Is Our House</i>	<i>Along Came a Different</i>	<i>Kenny Lives with Erica and Martina</i>	<i>King of the Sky</i>
	<i>Red Rockets and Rainbow Jelly</i>	<i>Going to the Volcano</i>	<i>Amazing</i>	<i>We're All Wonders</i>	<i>Aalfred and Aalbert</i>	<i>Mixed</i>	<i>Leaf</i>
	<i>The Family Book</i>	<i>Want to Play Trucks?</i>	<i>The Great Big Book of Families</i>	<i>Beegu</i>	<i>When Sadness Comes to Call</i>	<i>How to Heal a Broken Wing</i>	<i>The Island</i>

Long Term Overview

	Autumn	Spring	Summer
EYFS	Self-regulation: My feelings Building relationships: Special relationships	Managing self: Taking on challenges Self-regulation: Listening and following instructions	Building relationships: My family and friends Managing self: My wellbeing
Year 1	My healthy self: How can we look after our emotions? Connecting with others: How can I help myself and others feel happy and safe?	The online world: How do we spend time online? Citizenship: How can I help others and the environment?	Health protection: How can I protect myself and others in daily life? Staying safe: How can I stay safe?
Year 2/3	My healthy self: How can I take care of my mind and body? Connecting with others: What helps us feel safe and included?	The online world: How should we communicate online? Citizenship: What rights and responsibilities do we have?	Health protection: How can we prevent illness and injury and respond if they happen? Citizenship: What careers do people choose and why?

Year 4	<i>My healthy self: How can I make healthy choices?</i> <i>Connecting with others: How can we respect each other?</i>	<i>The online world: How can we decide what to trust online?</i> <i>Citizenship: How can I spend money responsibly?</i>	<i>Growing up: How will my body and emotions change as I grow up?</i> <i>Staying safe: What signs help me recognise what is safe or unsafe?</i>
Year 5	<i>My healthy self: How can I support my mind and body as I grow?</i> <i>Connecting with others: Why are healthy relationships important?</i>	<i>The online world: How am I influenced by what I see online?</i> <i>Citizenship: How can we make a difference in our communities and beyond?</i>	<i>Growing up: How can I manage the changes to my body and emotions as I grow up?</i> <i>Citizenship: How can we be in control of our money?</i>
Year 6	<i>My healthy self: How do my choices today shape my future health?</i> <i>Connecting with others: What does it mean to stand up for myself and others?</i>	<i>The online world: How do I feel about the things I see online?</i> <i>Citizenship: How can we protect everyone's rights?</i>	<i>Staying safe: How can I stay safe as I grow up?</i> <i>Sex education: How do people become parents and carers?</i>