

PSHE Whole school curriculum overview 2026-27

	Cycle B (Year 3 / 4)	Cycle A (Year 3 / 4)	Cycle B (Year 5 / 6)	Cycle A (Year 5 / 6)
Autumn 1	Mental health and emotional wellbeing Strengths and challenges – including emotional wellbeing on social media (additional lesson for 2027-28 related to new objectives from RSHE guidance July 25)	Identity, society and equality Democracy	Careers, financial capability and economic wellbeing Borrowing and earning money include gambling (Update with more relevant content for 2027-28)	Identity, society and equality Human rights
Autumn 2	Keeping safe and managing risk  Bullying – see it, say it, stop it	Drug, alcohol and tobacco education  Making choices	Keeping safe and managing risk  Unhealthy Relationships (Domestic violence)	Drug, alcohol and tobacco education  Weighing up risk (Add vaping in to teaching)
Spring 1	Drug, alcohol and tobacco education Tobacco is a drug	Physical health and wellbeing Healthy bodies – new unit for 2026-27 with new objectives from RSHE guidance July 25 Check PSHE association for lessons to support	Drug, alcohol and tobacco education  Different influences	Mental health and emotional wellbeing  Wellbeing online addition– new unit for 2026-27 with new objectives from RSHE guidance July 25 Focus on social media affecting mental wellbeing and whatsapp groups / recording conversations and sending photos
Spring 2	Careers, financial capability and economic wellbeing Saving, spending and budgeting Update with more relevant content for 2027-28)	Keeping safe and managing risk  Playing safe online	Y5 - Online Safety & Risks New unit for Year 5 2026-27 (whilst Year 6 do RSE) with new objectives from RSHE guidance July 25 Check PSHE association for lessons to support	Y5 - Online Safety & Risks New unit for Year 5 2026-27 (whilst Year 6 do RSE) with new objectives from RSHE guidance July 25 Check PSHE association for lessons to support
			Y6 - Relationship and Sex education  Healthy relationships/How a baby is made	Y6 - Relationship and Sex education  Healthy relationships/How a baby is made

Summer 1	Identity, society and equality Celebrating difference	Physical health and wellbeing First Aid & Safety – updated for 2026-27 with new objectives from RSHE guidance July 25	Identity, society and equality (Stereotypes, discrimination and prejudice (including tackling homophobia)	Keeping safe and managing risk  Keeping safe - out and about FGM
Summer 2	Physical health and wellbeing What helps me choose? Not needed (objectives merged with Healthy Bodies in Cylce A) Replace with Online Safety & Risks – PSHE associaition	Mental health and emotional wellbeing Dealing with feelings – update for 2026-27 (brought Year 5/6 objectives down to Year 3/4)	Y5 - Relationship and Sex education  Growing up and changing Y6 - Relationship and Sex education  Healthy relationships/How a baby is made	Y5 - Relationship and Sex education  Growing up and changing Y6 - Relationship and Sex education  Healthy relationships/How a baby is made



The red flag demarcates lessons which link directly to safeguarding