Primary PSHE education | Long-term overview

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Early years foundation stage: For guidance and resources to support foundational learning before key stage 1, see our growing range of EYFS materials.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Making friends: playing and learning together	Mental health and wellbeing	Celebrating me, you and our families	Safety at home	Being healthy	Showing kindness to ourselves and others
Year 2	Mental health and wellbeing	Keeping safe online	Me, my body and staying safe	Money and work	Safety outside the home	Looking back and moving on
Year 3	Me, my friends and belonging	Mental health and wellbeing	Building healthy habits	Making choices online	Keeping safe out and about	Looking out for each other
Year 4	Mental health and wellbeing	Exploring ways to manage risk	Forming respectful relationships	Money matters and news literacy	Me, my body and growing up	Families and growing together
Year 5	Friendships, stereotypes and bullying	Mental health and wellbeing	Positively engaging with our world	Respecting boundaries	Safe connections online	Embedding healthy habits and learning first aid
Year 6	Mental health and wellbeing	Managing money and online spending	Changes in puberty *(and sex education)*	Drug education: assessing risk and managing influences	Developing our AI literacy	Looking to the future

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Year 1

Autumn 1

Making friends: playing and learning together

This unit explores how to listen, share, work cooperatively, and when and how to ask for permission. Pupils learn about friendships, including falling out and how to recognise bullying.

Suggested lessons:

Ground rules, rule! – KS1

Learning and playing together – KS1

Friendship and bullying – KS1

L1: Let's be friends

L2: Let's make up

L3: Let's be kind

Consent – KS1

L1: Asking for permission

Autumn 2

Mental health and wellbeing

This unit supports pupils to notice and name different types of feelings and thoughts – and learn simple self-regulation strategies to manage them.

Suggested lessons:

Foundations for Wellbeing – Y1

L1: Noticing feelings

L2: Distraction

L3: Paying attention to pleasant feelings

L4: Helpful and unhelpful thoughts

L5: Reacting

Spring 1

Celebrating me, you and our families

This unit explores similarities and differences, as well as everyone's individuality. Pupils look at different families, and how family members can show care and love for each other.

Suggested lessons:

Personal identity – KS1

L1: All different, all special

Belonging and community – KS1

L1: Sameness and difference

Families – KS1

L1: What makes a family?

L2: Different families

Alternative / additional lessons:

Curiosity Library (£): Fender finds his bark

Spring 2

Safety at home

This unit introduces pupils to hazards and risk in the context of the home. It explores strategies for staying safe, including in relation to household products and medicines.

Suggested lessons:

Keeping safe at home – KS1

L1: Keeping safe at home

Drug education – KS1

L1: Keeping safe

L2: Keeping healthy

L3: Medicines and household products

Summer 1

Being healthy

This unit teaches about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety.

Suggested lessons:

Keeping safe: Sun safety – KS1

L1: Keeping safe in the sun

The sleep factor – KS1

L1: Ready for sleep

Food for thought – KS1

L1: Keeping healthy with food and drink

Dental health – KS1

L1: Looking after our teeth

The importance of handwashing – KS1

COMING SOON

Physical activity lesson

Alternative / additional lessons:

Curiosity Library (£): I really hate spaghetti; There's no need to worry about dentists at all

Summer 2

Showing kindness to ourselves and others

This unit revisits learning about feelings, and explores the importance of kindness.

Suggested lessons:

OHID: Every mind matters – KS1

L1: Emotions

L2: Kindness

L3: Self-care

COMING SOON

Croydon: Wellbeing way lessons

Alternative / additional lessons:

Foundations for Wellbeing: Revisit the extension and embedding activities in year 1 lessons.

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Year 2

Autumn 1

Mental health and wellbeing

This unit builds on the learning in year 1 by exploring a range of feelings and their intensity, and simple strategies to help manage them. The unit also introduces different kinds of change and loss (including bereavement).

Suggested lessons:

Foundations for Wellbeing – Y2

L1: Noticing and naming feelings

L2: Different distractions

L3: Changing thoughts and feelings

L4: Managing unhelpful thoughts

L5: Reactions and responses

Change, loss and grief – KS1

L1: What happens when things change?

Autumn 2

Keeping safe online

This unit explores how online content can impact feelings, and supports pupils to make safe choices about what they watch or share online (including the importance of not sharing personal information).

Suggested lessons:

CEOP: Jessie and Friends – KS1

L1: Watching videos

L2: Sharing pictures

L3: Playing games

BBFC: Watch out! – KS1

L1: Helping to make good viewing choices

L2: Keeping viewing choices safe

Spring 1

Me, my body and staying safe

This unit explores how people change as they grow from young to old. Pupils are introduced to the names of private body parts, including genitalia, and learn how the Talk PANTS rules can help keep children safe.

Suggested lessons:

Medway: Changing and growing up – KS1

L1: My special people

L2: Growing up – the human life cycle

L3: Everybody's body

NSPCC: Talk PANTS – 5–7

L1: PANTS power

L2: More PANTS power

Spring 2

Money and work

This unit examines people's different strengths and interests and what this means for the jobs they might choose. It explores what money is, how jobs can help people earn money, and how to distinguish between needs and wants.

Suggested lessons:

The Careers and Enterprise Company: Careers explorers – KS1

L1: Strengths and interests

L2: Different jobs

Money and wellbeing – KS1

L1: What is money?

L2: Money choices

Summer 1

Keeping safe outside the home

This unit builds on prior learning about risk through the context of road and rail safety. Pupils learn what an 'emergency' is and how to get help from an adult in an emergency, or call 999 themselves if they need to.

Suggested lessons:

Road and rail safety – KS1

L1: Crossing the road

L2: Keeping safe around railways

COMING SOON

Emergencies lesson

Environment agency – KS1

L1: Caring for the environment

Summer 2

Looking back and moving on

Use this unit to consolidate learning – this could include an extended project rehearsing skills and extending knowledge from previous units. It is also an opportunity to celebrate pupils' achievements and prepare them for the transition to key stage 2.

Suggested lessons:

Foundations for Wellbeing: Revisit the extension and embedding activities in year 2 lessons.

Embracing change and new challenges – KS1

L1: Moving to a new class

Alternative / additional lessons:

Curiosity Library (£): Fang and the changing seasons

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Year 3

Autumn 1

Me, my friends and belonging

This unit explores themes of personal identity and friendship. Pupils learn ways to make others feel welcome and included.

Suggested lessons:

Personal identity – KS2

L1: Personal identity

Medway: Changing and growing up – Y3

L1: What makes a good friend

L2: Falling out with friends

Belonging and community – Y3–4

L2: Belonging to a community

Alternative / additional lessons:

Ground rules, rule!

Autumn 2

Mental health and wellbeing

Building on the learning in year 2, this unit develops pupils' bank of self-regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries.

Suggested lessons:

Foundations for Wellbeing – Y3

L1: Exploring emotions

L2: Understanding distraction

L3: Managing thoughts and emotions

L4: Managing worries

L5: Managing responses

Alternative / additional lessons:

Curiosity Library (£): Squashing the worry monster

Spring 1

Building healthy habits

This unit develops pupils' understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity.

Suggested lessons:

Food for thought – KS2

L1: Healthier eating and drinking habits

L2: Healthier eating – choices and influences

L3: Ready, set, cook!

Dental health – KS2

L1: Exploring dental health

COMING SOON

Physical activity lesson

Spring 2

Making choices online

This unit explores how to protect information online and make choices about online content, including understanding age ratings.

Suggested lessons:

NSCS: CyberSprinters – KS2

L1: Creating and managing passwords

L2: Protecting your devices

BBFC: Let's watch a film – KS2

L1: What can we watch?

L2: Can we choose what to watch?

COMING SOON

Paying to play lesson

Summer 1

Keeping safe out and about

This unit supports pupils to identify risk and keep safe in the sun, as well as around railways and water.

Suggested lessons:

Keeping safe: Sun safety – KS2

L1: Managing risk in the sun

Road and rail safety – KS2

L4: Risks and keeping safe

Environment agency – KS2

L1: Canals and rivers

L2: Flood alert!

Summer 2

Looking out for each other

This unit explores the basics of first aid, and revisits how to make an efficient call to the emergency services.

Suggested lessons:

St John's Ambulance: First aid – KS2

L1: Allergies

L4: Bites and stings

L7: Calling for help

Foundations for Wellbeing: Revisit the extension and embedding activities in year 3 lessons.

Alternative / additional lessons:

Food for thought – KS2

Revisit the extension and embedding activities.

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Year 4

Autumn 1

Mental health and wellbeing

Building on the learning in year 4, this unit extends pupils' understanding of self-regulation strategies and explores factors that can support wellbeing.

Suggested lessons:

Foundations for Wellbeing – Y4

L1: Describing emotions

L2: Understanding internal and external distractions

L3: Exploring different thinking habits

L4: Different ways to manage worries

L5: Strategies for calm

Change, loss and grief – Y3–4

L2: How do people manage change and loss?

Alternative / additional lessons:

COMING SOON

Croydon: Wellbeing way lessons

Autumn 2

Exploring ways to manage risk

This unit explores assessing and managing risk in different contexts, and the role that peer influence can play in personal safety.

Suggested lessons:

Firework safety – KS2

L1: Firework safety

Keeping safe at home – KS2

L2: Keeping safe at home

Road and rail safety – KS2

L3: Independently crossing the road

Exploring risk in relation to gambling – KS2

L1: Exploring risk

Drug education – Y3–4

L1: Medicines and household products

L2: Smoking, vaping and alcohol

Spring 1

Forming respectful relationships

This unit supports pupils to respond appropriately to conflicts and bullying, and to understand the importance of kindness.

Suggested lessons:

Friendship and bullying – Y3–4

L1: Valuing friendships

L2: Friendship challenges

L3: What is bullying

OHID: Every mind matters – KS2

L1: Kindness

Alternative / additional lessons:

University of Greenwich: Our class

University of Sussex: The Rez

Curiosity Library (£): The anti-bullying club

Spring 2

Money matters and news literacy

This unit explores how attitudes and influences can impact decisions about money. It encourages pupils to critically engage with news stories and recognise how they might affect emotions.

Suggested lessons:

Money and wellbeing – Y4

L1: How money is used

L2: Making decisions about money

Guardian Foundation: NewsWise – ages 7–9

L4: How news affects feelings

L6: Fake or real news?

L7: Questioning images in the news

Summer 1

Me, my body and growing up

This unit focuses on the physical and emotional changes experienced during puberty, and builds pupils' confidence in using the Talk PANTS rule to keep safe.

Suggested lessons:

Medway: Changing and growing up – Y4–5

L1: Time to change

L2: Menstruation and wet dreams

L3: Personal hygiene

L4: Emotions and feelings

NSPCC: Talk PANTS – ages 7–9

L1: Building confidence

Alternative / additional lessons:

Foundations for Wellbeing: Revisit the extension and embedding activities in year 4 lessons.

Summer 2

Families and growing together

This unit supports pupils' understanding of diverse family structures, and how families can change.

Suggested lessons:

Families – KS2

L1: Family relationships

L2: Diverse families

L3: Family changes

Committed relationships and family life – KS2

L1: Marriage and partnership

Alternative / additional lessons:

Rosie's story: What happens if families change?

Year 5

Autumn 1

Friendships, stereotypes and bullying

This unit explores respectful relationships and what to do about bullying. Pupils learn how to recognise and challenge stereotypes and prejudiced or extreme views.

Suggested lessons:

Friendship and bullying – Y5–6

L1: Including others

L2: Positive and respectful friendships

L3: Bullying and its impact

Belonging and community – Y5–6

L3: Challenging stereotypes

L4: Addressing extremism

Alternative / additional lessons:

Changing Faces: A World of Difference

COMING SOON

Assistance Dogs UK lesson

Autumn 2

Mental health and wellbeing

This unit revisits and builds on prior learning about mental health, exploring how different self-regulation strategies can help shift habitual thoughts and emotions, and support wellbeing.

Suggested lessons:

Foundations for Wellbeing – Y5

L1: Noticing and naming emotions

L2: Directing attention and managing distractions

L3: Changing thinking habits

L4: Rumination and worry

L5: Managing reactivity

Alternative / additional lessons:

OHID: Every mind matters – KS2

Spring 1

Positively engaging with our world

This unit examines healthy ways of engaging with news stories and the impact that climate change can have on emotions and wellbeing.

Suggested lessons:

Guardian Foundation: NewsWise – ages 9–11

L3: Managing feelings about the news

L5: Spotting fake news

L6: Understanding that news is targeted

UCL: Climate change - empathy and agency – KS2

L1: Connecting with nature

L2: Everyday actions

L3: Doing it together

Spring 2

Respecting boundaries

This unit explores personal boundaries, different types of touch, and how to respectfully ask, give or not give permission.

Suggested lessons:

Consent – KS2

L1: Giving and seeking permission

L2: Personal boundaries

L3: Appropriate and inappropriate touch

NSPCC: Talk PANTS – ages 9–11

L6: How can the PANTS rule help us?

Female genital mutilation – Y5–6*

L1: Keeping safe – FGM

**See the Programme of Study for further guidance on teaching about FGM at the primary phase.*

Alternative / additional lessons:

Gloucestershire Healthy Living and Learning: Understanding consent

Summer 1

Safe connections

This unit supports pupils to stay safe and manage risks if socialising online. It also touches on cybercrime.

Suggested lessons:

CEOP: Play, like, share – ages 8–10

L1: Block him right good, Alfie!

L2: Who's Magnus?

L3: They have fans, we have friends!

CEOP: Connect – Y5–6

L1: Respectful relationships

L2: Socialising online

NCA: Making the right CyberChoices – Y5–6

Alternative / additional lessons:

City of London Police: Cyber detectives

NSCS: CyberSprinters – lesson 3

Summer 2

Embedding healthy habits and learning first aid

This unit supports pupils to recognise the benefits of healthy habits such as sun safety, regular exercise and goal setting. It also covers first aid.

Suggested lessons:

Melanoma Fund: Sunguarding schools – KS2

Sure: Breaking limits – KS2

L1: Confident mover

L2: Team player

L3: Goal setter

St John's Ambulance: First aid – KS2

L2: Asthma

L9: Head injuries

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Year 6

Autumn 1

Mental health and wellbeing

This unit revisits and builds on prior learning about mental health, helping pupils to explore strategies that support wellbeing – including in the context of the transition to secondary school.

Suggested lessons:

Foundations for Wellbeing – Y6

L1: Regulating emotions

L2: Managing distraction

L3: Developing positive thinking habits

L4: Managing rumination and worry

L5: Managing stress

Change, loss and grief – Y5–6

L3: How do people manage loss and support each other?

Autumn 2

Managing money and online spending

This unit explores economic wellbeing and online financial harms (incorporating elements of statutory RSHE) – including targeted advertising and other influences on online spending.

Suggested lessons:

Money and wellbeing – Y6

L1: Money and emotional wellbeing

L2: Being a critical consumer

Exploring risk in relation to gambling – KS2

L2: Chancing it!

Online financial harms – KS2

L1: Spending influences

L2: Wellbeing and support

Spring 1

Changes in puberty *(and sex education*)*

This unit builds pupils' understanding of how to manage the changes that occur during puberty, including increased independence and new sleep patterns.

Suggested lessons:

Medway: Changing and growing up – Y6

L1: Puberty recap

L2: Puberty – change and becoming independent

L3: Positive, healthy relationships

L4: How a baby is made*

The sleep factor – KS2

L1: Getting a good night's sleep

**The parental right to withdraw applies to sex education.*

Spring 2

Drug education: assessing risk and managing influences

This unit covers legal and illegal drugs, and the risks and effects of legal and illegal drug use.

Suggested lessons:

Drug education – Y5–6

L1: Medicines

L2: Legal and illegal drugs

L3: Influences and pressure

L4: Tobacco, vaping and alcohol in the media

Summer 1

Developing our AI literacy

This unit introduces different types of AI, including generative AI, and explores the opportunities, challenges and risks associated with its use.

Suggested lessons:

COMING SOON

Understanding AI: Rights, safety and wellbeing lessons

L1: What is AI?

L2: How does AI affect our rights?

L3: What is an AI chatbot?

Home office – Digital deception: Understanding deepfakes – Y5–6

L1: The impact of generative AI

L2: The ethics of AI images

Pick your pics – Y5–6

L1: Pick your pics

Summer 2

Looking to the future

This unit explores career-related learning (including different career pathways) and supports pupils to prepare for the transition to secondary school.

Suggested lessons:

The Careers and Enterprise Company: Careers explorers – KS2

L1: Job skills

L2: Choosing a career

L3: Career routes

Embracing change and new challenges – Y6

L1: Moving to secondary school

Alternative / additional lessons:

NSPCC: Talk relationships – Transition to secondary school