

Personal, Social, Health, Economic Education
(Including Relationships & Health Education curriculum and Protective Behaviours)

2026-2027	LB1 7 weeks June - July	LB2 4 weeks Aug-Sep	LB3 5 weeks Oct - Nov	LB4 5 weeks Nov - Dec	LB5 6 weeks Jan-Feb	LB6 5 weeks Feb - Mar	LB7 7 weeks Apr-May
Assembly Focus	- Sun & Water Safety - Recognising Feelings - First Aid - Cultural Diversity - My Body, My Business	- TPA Values - Responsibilities - NSPCC – Speak Out, Stay Safe - Fairtrade	- Space Week - Artists Day - Money Week - Remembrance	- Road Safety - Being Kind – Antibullying - Inclusion / Disability Awareness	- Household Safety - Online Communication - TPA Values - Story Telling - Mental Health	- Healthy Lifestyles / Hygiene - British Science Week - Inspirational People - Diverse Communities	- Earth Day - Mental Health and Wellbeing - Personal Achievements and Aspirations
YR	No expected coverage.	Starting school - establishing new class rules, positive relationships with others. Introduce the Zones of Regulation. Health & Wellbeing - Ways to keep safe in familiar and unfamiliar environments (beach, pool, park). - Recognise what makes them special. - Simple hygiene routines that can stop germs from spreading. - How to keep safe in the sun and protect skin from sun damage. - Different ways to learn and play. - Different feelings that humans can experience. - How to recognise and name different feelings (Zones of Regulation). - How feelings can affect people's bodies and how they behave (WEE). - How to recognise how others might be feeling (WEE). Relationships - Recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private (NSPCC Pants). - Know how to respond if physical contact makes them feel uncomfortable or unsafe. - Learn about the roles that different people play in our lives. - Know that it is important to tell someone if something about their family makes them unhappy or worried. - Learn about how to treat themselves and others with respect; how to be polite and courteous. Living In The Wider World - Understand what rules are, why they are needed and why different rules are needed for different situations.	Health & Wellbeing - Recognise risk in simple everyday situations and what action to take to minimise harm. - How to keep safe at home (including around electrical appliances) and fire safety. - Know that household products (including medicines) can be harmful if not used correctly. - Know how to cross the road safely. - Basic rules to keep safe online. - Know people whose job it is to keep us safe. - Know people who help us to stay physically healthy. - Know what to do if there is an accident and someone is hurt. - Know how to get help in an emergency (999). Relationships - Learn about what is kind and unkind behaviour and how this can affect others. - Learn how to talk about and share their opinions on things that matter to them. - Learn how to respond safely to adults they do not know. Living In The Wider World - Understand how people and other living things have different needs; about the responsibilities of caring for them. - Know what money is. - Learn about things they can do to help look after their environment. - Understand that jobs help people to earn money to pay for things.	Health & Wellbeing - Take part in discussions about healthy food and healthy choices; the effect on the body. - Learn about dental care and visiting the dentist, how to brush teeth correctly; food and drink that supports dental health. Relationships - Learn basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe. - Learn what to do if they feel unsafe or worried for themselves or others; who to ask for help; importance of keeping trying until they are heard. Bereavement- Loss and changes - Talk about change and loss and the associated feelings (moving house, losing toys).	Health & Wellbeing - Prepare to move to a new year group and classroom with new adults and new routines. Relationships - Learn to recognise the ways in which they are same and different to others. - Learn how to listen to other people and play and work cooperatively. Living In The Wider World - Take part in discussions about the different community groups they belong to. - Learn everyone has different strengths. How am I special? What am I good at? What would I like to get better at?		

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Y1	Health & Wellbeing Know ways to keep safe in familiar and unfamiliar environments (e.g., The beach, swimming pool, park). EL - Learn about what to do if there is an accident and someone is hurt. CD - Know how to get help in an emergency (999). CD - Learn how to keep safe in the sun and protect skin from sun damage. EL / A Living In The Wider World - Know what rules are, why they are needed and why different rules are needed for different situations. EL	<i>LB2 - Transition to new class: establishing new class rules, positive relationships with others. Revise the Zones of Regulation and how to seek support.</i> Health & Wellbeing - Recognise what makes them special. EL - Recognise what they are good at, what they like and dislike. EL - Recognise and name different feelings (Zones of Regulation). CD - Understand how feelings can affect people's bodies and how they behave (WEE). CD - Recognise how others might be feeling (WEE). CD - Know different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good. A / EL - Know what to do if they feel unsafe or worried for themselves or others; who to ask for help; importance of keeping trying until they are heard. CD - Know why sleep is important and different ways to rest and relax. CD - Know simple hygiene routines that can stop germs from spreading. EL Relationships - Recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private. A / CD - Know how to respond if physical contact makes them feel uncomfortable or unsafe. A / CD - Know about situations when they should ask for permission and also when their permission should be sought. CD - Identify the people who love and care for them and what they do to help them feel cared for. CD - Know that it is important to tell someone if something about their family makes them unhappy or worried. CD - Know how people make friends and what makes a good friendship. EL	Health & Wellbeing - Recognise risk in simple everyday situations and what action to take to minimise harm. CD - Know how to keep safe at home (including around electrical appliances) and fire safety. A / EL - Know that household products (including medicines) can be harmful if not used correctly. A / EL - Know how to cross the road safely. A / EL - Know basic rules to keep safe online. EL - Recognising the importance of knowing when to take a break from time online or TV. CD - Understand ways of sharing feelings; a range of words to describe feelings. CD Relationships - Know that bodies and feelings can be hurt by words and actions. A / CD - Know how people may feel if they experience hurtful behaviour or bullying. A / CD Living In The Wider World - Know how people and other living things have different needs; about the responsibilities of caring for them. EL - Learn about the role of the internet in everyday life. CD - Know what money is; forms that money comes in. CD - Know that people make different choices about how to save and spend money. CD - Know about the difference between needs and wants. CD	Health & Wellbeing - Know about what keeping healthy means; different ways to keep healthy. EL / A - Know about foods that support good health and the risks of eating too much sugar. CD - Know about how physical activity helps us to stay healthy. CD - Learn about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health. A / EL Relationships - Identify common features of family life. CD - Know how to ask for help if a friendship is making them feel unhappy. CD - Recognise the ways in which they are same and different to others. EL - Know that people can say hurtful things online. A / CD Bereavement- Loss and changes - Recognising loss and expressing emotions safely. CD - That people can feel differently after loss - Simple ways to express feelings - That it is okay to ask for help - How to comfort others kindly	Health & Wellbeing - Prepare to move to a new class/year group. EL Living In The Wider World - Learn about things they can do to help look after their environment. EL - Learn about the different groups they belong to. CD - Know about the different jobs that people they know or people who work in the community do. A		

A = Assembly
 EL = Evidenced Lesson
 CD = Class Discussion

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Y2	Health & Wellbeing - Know ways to keep safe in familiar and unfamiliar environments (e.g. The beach, swimming pool, park). EL - Know what to do if there is an accident and someone is hurt. CD - Know how to get help in an emergency (999). CD - Know how to keep safe in the sun and protect skin from sun damage. EL / A Living In The Wider World - Know what rules are, why they are needed and why different rules are needed for different situations. EL	<i>LB2 - Transition to new class: establishing new class rules, positive relationships with others. Revise the Zones of Regulation and how to seek support.</i> Health & Wellbeing - Recognise ways in which we are all unique. EL - Know how to manage when finding things difficult. CD - Know why sleep is important and different ways to rest and relax. CD - Know simple hygiene routines that can stop germs from spreading. EL - Know that medicines can help people to stay healthy. CD - Recognise and name different feelings (Zones of Regulation). A / EL - Understand feelings can affect people's bodies and how they behave (WEE). EL - recognise how others might be feeling (WEE). EL - Know different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good. A / EL - Know things that help people feel good. EL Relationships - Understand that it is important to tell someone if something about their family makes them unhappy or worried. - Recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private. A / CD - Know how to respond if physical contact makes them feel uncomfortable or unsafe. A / CD - Know there are situations when they should ask for permission and also when their permission should be sought. CD - Know basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe. CD - Know what do if they feel unsafe or worried for themselves or others; who to ask for help; importance of keeping trying until they are heard. (Red post box) CD	Health & Wellbeing - Recognise risk in simple everyday situations and what action to take to minimise harm. CD - Know how to keep safe at home (including around electrical appliances) and fire safety. A / EL - Know that household products (including medicines) can be harmful if not used correctly. A / EL - Know how to cross the road safely. A / EL - Know rules and age restrictions that keep us safe. EL - Know basic rules to keep safe online. EL - Recognise the importance of knowing when to take a break from time online or TV. CD - Recognise that not everyone feels the same at the same time, or feels the same about the same things. CD Relationships - Know the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually, i.e. a birthday party). CD - Know that bodies and feelings can be hurt by words and actions. A / CD - Know that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult. A / CD Living In The Wider World - Know how people and other living things have different needs; about the responsibilities of caring for them. EL - Know what money is; forms that money comes in; that money comes from different sources. CD - Learn the difference between needs and wants; that sometimes people may not be able to have the things they want. CD - Know that money needs to be looked after; different ways of doing this. CD	Health & Wellbeing - Know foods that support good health and the risks of eating too much sugar. CD - Learn about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health. A / EL - Recognise when they need help with feelings; that it is important to ask for help and how to ask for it. A / EL Relationships - Learn about different types of families, including those that may be different to their own. CD - Recognise when they or someone else feels lonely and what to do. EL - Know simple strategies to resolve arguments positively. CD - Recognise the ways in which they are same and different to others. EL - Know that people can say hurtful things online. Know that sometimes people may behave differently online, including by pretending to be someone they are not. CD Living In The Wider World - Understand how the internet and digital devices can be used safely to find things out and to communicate with others. Know that not all information seen online is true. A / CD Bereavement- Loss and changes - Understanding that change and loss are part of life. CD - That all families experience change and grief affects people differently - Simple coping strategies and how routines and support can help	Health & Wellbeing - Prepare to move to a new class/year group. EL - Know about growing and changing from young to old and how people's needs change. EL Living In The Wider World - Learn things they can do to help look after their environment. EL - Learn about the different roles and responsibilities people have in their community. CD - Learn about some of the strengths and interests someone might need to do different jobs. A		