

PSHE/RSE Yearly Overview from 2026

Links will take you to the Pol-Ed website. These are lessons that could be used to enhance learning or replace resources if they are better than what you have used previously.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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?	Kidsafe full Programme 1	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	My healthy self: How can we look after our bodies?	Connecting with others: How can I build safe, kind and caring relationships with others?	The online world: How can we stay safe online?	Citizenship: How do people belong to a community and earn money?	Growing up: How can we look after and respect our bodies as we grow?	Staying safe: How can I make safe choices in different places?
Year 3	My healthy self: How can I take care of my mind and body?	Connecting with others: What helps us feel safe and included?	Kidsafe 5 core sessions of programme 2	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	My healthy self: How can I make healthy choices?	Connecting with others: How can we respect each other?	The online world: How can we decide what to trust online?	Citizenship: How can I spend money wisely?	Growing up: How will my body and emotions change as I grow up?	Staying safe: What signs help me recognise what is safe or unsafe?
					+KidSafe Cyberbullying & Internet Safety Workshop (P2L6)	
Year 5	My healthy self: How can I support my mind and body as I grow?	Connecting with others: Why are healthy relationships important?	The online world: How am I influenced by what I see online? + KidSafe Peer Pressure & Manipulation Workshop (P2L7)	Citizenship: How can we make a difference in our communities and beyond?	Growing up: How can I manage the changes to my body and emotions as I grow up?	Citizenship: How can we be in control of our money?
Year 6	My healthy self: How do my choices today shape my future health?	Connecting with others: What does it mean to stand up for myself and others?	Online world: How do I feel about the things I see online?	Citizenship: How can we protect everyone's rights?	Staying safe: How can I stay safe as I grow up?	KidSafe Keeping Private Places Safe Workshop Sex education: How do people become parents and carers?

Useful Pol- Ed lessons for the wider curriculum

Anti bullying Week

KS1 https://www.pol-ed.co.uk/static/KS1_What_is_bullying/

KS2 https://www.pol-ed.co.uk/static/KS2_What_is_bullying/

Safer Internet Week

KS1 - https://www.pol-ed.co.uk/static/KS1_How_can_I_keep_safe_online/

KS2- https://www.pol-ed.co.uk/static/KS2_how_can_we_use_our_phones_sensibly/

Healthy Lifestyles Week

KS1 - https://www.pol-ed.co.uk/static/KS1_What_is_999/

KS2- https://www.pol-ed.co.uk/static/KS2_what_are_emergency_services/
https://www.pol-ed.co.uk/static/KS2_how_can_we_keep_safe_on_the_road/

Assemblies

Anti bullying week - https://www.pol-ed.co.uk/static/KS2_Anti-bullying_week_assembly/

Bonfire Night - https://www.pol-ed.co.uk/static/KS2_Bonfire_Night_Assembly/

Halloween - <https://www.pol-ed.co.uk/static/KS2-Halloween-Assembly/>

Summer Water Safety - https://www.pol-ed.co.uk/static/Primary_Assembly_Summer_Water_Safety/

Winter Water Safety - https://www.pol-ed.co.uk/static/Primary_winter_water_safety_assembly/