PHSE is on a two year rolling programme to ensure coverage through our year groups. There are close links with RSE, Science and Religious Education.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Self-regulation: My feelings	Self-regulation: My feelings	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends	Managing self: My wellbeing
Year 1/2	Connecting with others: How can I help myself and others feel happy and safe?	The online world: How do we spend time online?	Health protection: How can I protect myself and others in daily life?	Staying safe: How can I stay safe?	Connecting with others: How can I build safe, kind and caring relationships with others?	The online world: How can we stay safe online?
Year 3/4	Connecting with others: What helps us feel safe and included?	The online world: How should we communicate online?	Citizenship: What careers do people choose and why?	Staying safe: What signs help me recognise what is safe or unsafe?	Connecting with others: How can we respect each other?	The online world: How can we decide what to trust online?
Class 5 (4/5)	How can we make healthy choices?	How will my body and emotions change as I grow up?	How can I spend money responsibly?	How can I support my mind and body as I grow?	How can I respond safely in an emergency?	How can we be in control of our money?
Year 6	How do my choices today shape my future health?	How can I manage the changes to my body and emotions as I grow up?	What does it mean to stand up for myself and others?	How do I feel about the things I see online?	How can we protect everyone's rights?	How can I stay safe as I grow up?

	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 1/2	My healthy self: How can we look after our emotions?	Citizenship: How can I help others and the environment?	Citizenship: How do people belong to a community and earn money?	My healthy self: How can we look after our bodies?	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 3/4	My healthy self: How can I take care of my mind and body?	Citizenship: What rights and responsibilities do we have?	Health protection: How can we prevent illness and injury and respond if they happen?	My healthy self: How can I make healthy choices?	Citizenship: How can I spend money responsibly?	Growing up: How will my body and emotions change as I grow up?
Class 5 (y4/5)	How can we respect each other?	HOw can we decide what to trust online?	What signs help me recognise what is safe or unsafe?	Why are healthy relationships important?	How am I influenced by what I see online?	How can we make a difference in our community and beyond?
Year 6	How do my choices today shape my future health?	How can I manage the changes to my body and emotions as I grow up?	What does it mean to stand up for myself and others?	How do I feel about the things I see online?	How can we protect everyone's rights?	How can I stay safe as I grow up?