

PSHE Curriculum 2025-26

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	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
1	Safety and the changing body	Families and Relationship	Economic Wellbeing	Health and Wellbeing	Citizenship	Transition Catch up time
2	Safety and the changing body	Families and Relationship	Economic Wellbeing	Health and Wellbeing	Citizenship	Transition Catch up time
3	Safety and the changing body	Families and Relationship	Economic Wellbeing	Health and Wellbeing	Citizenship	Transition Catch up time
4	Safety and the changing body	Families and Relationship	Economic Wellbeing	Health and Wellbeing	Citizenship	Transition Catch up time
5	Safety and the changing body	Families and Relationship	Economic Wellbeing	Health and Wellbeing	Citizenship	Transition Catch up time

6	Safety and the changing body	Families and Relationship	Economic Wellbeing	Health and Wellbeing	Citizenship	Transition Catch up time
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