



## RSE, PSHE and SAFEGUARDING 2025-2026

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Contextual Safeguarding (to be covered throughout the year)
	Families and relationships	Health and Well-being	Safety	Changing Bodies	Citizenship	Economic well-being	
EYFS	Self-regulation: My feelings (6 weeks)	Building relationships: Special relationships (6 weeks)	Managing self: Taking on challenges (6 weeks)	Self-regulation: Listening and following instructions (6 weeks)	Building relationships: My family and friends (6 weeks)	Managing self: My wellbeing (6 weeks)	<ul style="list-style-type: none"> <li>• People in our community (meet our school nurse, PSCO and crossing patrol)</li> <li>• Road safety (including crossing safety)</li> <li>• Water Safety</li> <li>• Healthy sleep</li> <li>• Dealing with bullying</li> <li>• Teeth brushing and the dentist</li> </ul>
Year 1	Introduction lesson (1 lesson)  Families and Relationships (7 lessons)	Health and Wellbeing (7 lessons)	Health and Wellbeing (1 lesson)  Safety and the Changing Body (4 lessons)	Safety and the Changing Body (4 lessons)  Contextual safeguarding (1 lessons)	Citizenship (6 weeks)	Economic wellbeing (6 weeks)  Transition Lesson (1 week)	<ul style="list-style-type: none"> <li>• Stranger danger</li> <li>• Risks in our local area</li> <li>• Road safety (including seatbelts and car-seats)</li> <li>• Celebrating racial diversity</li> <li>• Healthy sleep</li> <li>• Understanding bullying</li> <li>• Medicine safety</li> </ul>
Year 2	Introduction lesson (1 lesson)  Families and Relationships (7 lessons)	Health and Wellbeing (7 lessons)	Safety and the Changing Body (5 lessons)	Safety and the Changing Body (4 lessons)  Citizenship (1 lesson)	Citizenship (6 lessons)	Economic wellbeing (6 weeks)  Transition Lesson (1 week)	<ul style="list-style-type: none"> <li>• Healthy lunches and snacks</li> <li>• Nature and well-being (including safety in our parks and greenspaces)</li> <li>• Road safety</li> <li>• Bedtime routines and morning routines</li> <li>• Fire safety</li> <li>• Social skills and personal safety</li> </ul>

<b>Year 3</b>	Introduction lesson (1 lesson)	Families and Relationships (1 lesson)	Health and Wellbeing (1 lesson)	Safety and the Changing Body (4 lessons)	Citizenship (6 weeks)	Economic wellbeing (6 weeks)	<ul style="list-style-type: none"> <li>• Witnessing bullying</li> <li>• Gender diversity</li> <li>• Risks in our local area (building site safety and water safety)</li> <li>• Online safety</li> <li>• Bullying influences</li> <li>• Scootability (road safety) and the law on motorised scooters</li> </ul>
	Families and Relationships (7 lessons)	Health and Wellbeing (6 lessons)	Safety and the Changing Body (4 lessons)	Contextual safeguarding (1 lesson)		Transition Lesson (1 week)	
<b>Year 4</b>	Introduction lesson (1 lesson)	Families and Relationships (1 lesson)	Health and Wellbeing (1 lesson)	Safety and the Changing Body (4 lessons)	Citizenship (6 weeks)	Economic wellbeing (6 weeks)	<ul style="list-style-type: none"> <li>• Global citizenship choices</li> <li>• Being a member of our local community and the law</li> <li>• Peer pressure</li> <li>• Local area risks including water safety and building sites</li> <li>• Refugees and our part</li> <li>• Attitudes to drugs</li> </ul>
	Families and Relationships (7 lessons)	Health and Wellbeing (6 lessons)	Safety and the Changing Body (4 lessons)	Contextual safeguarding (1 lesson)		Transition Lesson (1 week)	
<b>Year 5</b>	Introduction lesson (1 lesson)	Health and Wellbeing (7 lessons)	Safety and the Changing Body (5 lessons)	Safety and the Changing Body (3 lessons)	Citizenship (6 weeks)	Economic wellbeing (6 weeks)	<ul style="list-style-type: none"> <li>• Local risk factors (rail safety/quarry safety)</li> <li>• Bounebackability and resilience</li> <li>• Police cadets and community action</li> <li>• Understanding racial diversity</li> <li>• Mobile technology and the law</li> <li>• Smoking and alcohol risks</li> </ul>
	Families and Relationships (7 lessons)			Contextual safeguarding (2 lessons)		Transition Lesson (1 week)	
<b>Year 6</b>	Introduction lesson (1 lesson)	Health and Wellbeing (7 lessons)	Safety and the Changing Body (5 lessons)	Safety and the Changing Body (3 lessons)	Citizenship (5 weeks)	Economic wellbeing (5 weeks)	<ul style="list-style-type: none"> <li>• Respecting cultural identities and protected characteristics</li> <li>• Exam well-being</li> <li>• Drugs and the law</li> <li>• Crime in our local community/gang risks/knife crime</li> </ul>
	Families and Relationships (6 lessons)			Citizenship (1 week)	Economic wellbeing (1 week)	My Identity (2 weeks)	

