

PSHE Road Map- My Healthy Self

Reading and evaluating food labels, tracking personal activity levels, understanding how complex feelings affect the body, regulating strong emotions, and recognizing mental health support indicators.



YEAR 5

Reading food labels for healthier choices, tracking personal activity levels, identifying bodily impacts of complex feelings, practicing emotion regulation strategies, and recognizing signs that someone needs mental health support.



YEAR 6

Maintaining daily dental care for long-term health, evaluating calories and nutritional value, investigating long-term lifestyle choices and habits, regulating complex feelings shaped by past experiences, building a growth mindset for future challenges, and supporting self-esteem.



Learning the components of a balanced diet, physical and mental benefits of exercise, maintaining energy levels, recognizing signs that support is needed, developing a growth mindset, and boosting wellbeing by helping others.



YEAR 3

Connecting the 6 basic emotions to physical body responses, interpreting face and body cues, exploring the mind-body connection (sleep, diet, movement), and practicing emotional regulation strategies.



YEAR 4

Naming the 6 basic emotions, recognizing when and why emotions change, exploring calming/exciting activities, managing uncomfortable feelings (worried, annoyed, upset), and using strategies to navigate tricky emotions.



EYFS

Exploring individual similarities and differences, understanding the benefits of physical activity and sleep routines, identifying healthy food choices (fruits/vegetables), and maintaining tooth hygiene



YEAR 1



YEAR 2



Ready



Respectful



Safe



Kind

PSHE Road Map- Connecting with others

Exploring factors shaping personal identity (culture, values), understanding family commitment and protection, managing friendship challenges calmly, and practicing assertive communication over passive or aggressive behaviour.



YEAR 5

Exploring identity drivers (culture, values, experiences), understanding family commitment and protection, identifying qualities of healthy friendships, managing friendship conflict through calm negotiation, and practicing assertive vs. passive/aggressive communication.



YEAR 6

Developing self-respect to pursue personal growth goals, balancing personal wants/needs with others, establishing/respecting boundaries, challenging stereotypes and discrimination, using upstander strategies to stop bullying, and judging problem size to seek help.



YEAR 4



Practicing positive self-talk, showing manners and respect, building trust in friendships, solving friendship challenges, responding to bullying, and understanding stereotypes.



YEAR 3

Developing self-respect, setting and respecting personal boundaries, appreciating family support, identifying qualities of a good friend, repairing falling-outs, and identifying types of bullying.



EYFS

Recognising personal strengths, understanding how family members care for each other, identifying safe spaces and trusted adults, practicing classroom kindness, resolving conflicts, and acting respectfully.



YEAR 1

Celebrating family life diversity, solving disagreements calmly, communicating personal boundaries, identifying trusted adults, and addressing repeated unkindness (bullying)



YEAR 2



PSHE Road Map- The Online World

Analysing online advert design and targeted data tracking, understanding influencer impact, evaluating how online trends affect offline choices, distinguishing facts from opinions, and spotting scams.



YEAR 5

Analysing how online adverts influence behavior, understanding personalized ad targeting via data tracking, evaluating influencer impact on choices, examining how online trends shape offline decisions, distinguishing facts from opinions, and spotting online scams.



YEAR 6

Identifying platform engagement features, recognizing in-game spending risks and online gambling age limits, evaluating realistic vs. edited online media, identifying harmful online behaviors, managing digital footprints/reputation, and assessing online interaction wellbeing.

Examining internet benefits and challenges, understanding age restriction symbols, identifying misleading online information, verifying reliability using features/multiple sources, and questioning online content.



YEAR 3



Comparing online and in-person communication, communicating respectfully online, avoiding digital misunderstandings, responding safely to cyberbullying, and recognizing unsafe online situations.

YEAR 4



Identifying digital devices, comparing online vs. in-person activities, practicing polite online behavior, balancing screen time, and knowing what to do if online content feels worrying.



EYFS

Following basic internet safety rules, understanding public visibility of shared content, protecting private information online, recognizing that not everything online is real, and seeking help when worried.



YEAR 1



YEAR 2



Ready



Respectful



Safe



Kind

PSHE Road Map- Citizenship

Exploring ways to care for others, recognising community group contributions, understanding the UK National Government, local councillor roles, pressure groups, and citizen influence on government policy; managing money (*unit content updating September 2026*).



YEAR 5

Exploring ways to show care for others, recognizing local community group contributions, understanding the UK National Government, local councillor roles, pressure groups, and how citizens influence government policy.



YEAR 6

Understanding and protecting universal human rights (*unit content updating September 2026*).



YEAR 4



Learning to spend money responsibly (*unit content updating September 2026*)



YEAR 3

Introduction to the Universal Declaration of Human Rights and UN Convention on the Rights of the Child, protecting the environment by reducing resource/energy use, upcycling, recycling, and understanding local council roles and spending.

EYFS



Understanding responsibilities when caring for babies, toddlers, pets, and the school environment; learning the importance of rules; sharing opinions respectfully; and recognising local environmental helpers.



YEAR 1

Identifying groups and communities of belonging, recognizing community contributions, exploring local jobs and wider career roles, understanding what money is, and where money comes from.



YEAR 2



PSHE Road Map- Staying Safe

Children navigate age restrictions online, learn how to safely share material and introduce the physical difference of puberty.



YEAR 5



Identifying home hazards and safety rules when alone, identifying outdoor travel hazards, learning safe independent railway travel, applying the Water Safety Code, handling peer pressure assertively, and understanding substance misuse risks.



YEAR 6

Identifying home hazards and safety rules when alone, identifying outdoor travel hazards, learning safe independent railway travel, applying the Water Safety Code, handling peer pressure assertively, and understanding substance misuse risks.



YEAR 4



Identifying warning signs in unsafe situations, using clear help-seeking language and backup strategies, practicing traffic safety (walking, cycling, scooting), following water safety rules, understanding medicine safety vs. drug laws (smoking, vaping, alcohol), and preventing everyday accidents.



YEAR 3



Preventing illness/injuries and responding when they happen (unit content updating September 2026).



EYFS

Understanding germ spread and effective handwashing, dressing for weather safety, recognizing health professionals (doctors, dentists, pharmacists), identifying home hazards and unsafe substances, road safety rules (Stop, Look, Listen, Think), injury severity and First Aid / 999 emergencies, and recognizing physical warning signs when unsafe.



YEAR 1

Practicing simple rules to keep bodies safe, making safe choices at home and in public places, knowing what to do if lost from a trusted adult, and following water safety rules



YEAR 2



PSHE Road Map- Growing up & Sex Education

Physical and emotional puberty changes, period awareness, showing kindness during body changes, and identifying support adults.



YEAR 5

Physical and emotional changes during puberty, personal hygiene practices during puberty, treating others with kindness during puberty, managing puberty emotions, period/menstruation awareness, and challenging behaviors that cross personal boundaries.



YEAR 6

Using correct scientific terminology for male and female genitalia, understanding human reproduction and conception (sexual intercourse), pregnancy and birth development, diverse family formation paths, life/responsibilities with a baby, and defining consent.



YEAR 4



Body boundaries, physical and emotional puberty changes, period/menstruation awareness, treating changing bodies with kindness, and support adults.



YEAR 3

Body growth & development rates, and recognizing what makes bodies special.



EYFS

Foundational body safety and trusted adult signposting integrated across core strands.



YEAR 1

How bodies grow and change over time, personal body boundaries, scientific names for private body parts, and body privacy.



YEAR 2

