

Milby Primary School



RSE and PSHE - whole school overview 2026 - 2027

	Autumn 1 (8 weeks)	Autumn 2 (7 weeks)	Spring 1 (6 weeks)	Spring 2 (5 weeks)	Summer 1 (7 weeks)	Summer 2 (7 weeks)
EYFS	<u>Protective behaviours</u> Lesson 1 Lesson 2 Lesson 3 Lesson 4 Self regulation: My feelings (6 lessons)	Building relationships: Special relationships (6 lessons)	Managing self: Taking on challenges (6 lessons)	Self-regulation: Listening and following instructions (6 lessons)	Building relationships: My family and friends (6 lessons)	Managing self: My wellbeing (6 lessons)
Year 1	<u>Protective behaviours</u> Lesson 1 Lesson 2 Lesson 3 Lesson 4 My healthy self: How can we look after our emotions? (8 lessons)	Connecting with others: How can I help myself and others feel happy and safe? (7 lessons)	The online world: How do we spend time online? (7 lessons)	Citizenship: How can I help others and the environment?	Health protection: How can I protect myself and others in daily life? (7 lessons)	Staying safe: How can I stay safe? (6 lessons)
Year 2	<u>Protective behaviours</u> Lesson 1 Lesson 2 Lesson 3 Lesson 4 My healthy self: How can we look after our bodies? (7 lessons)	Connecting with others: How can I build safe, kind and caring relationships with others? (7 lessons)	The online world: How can we stay safe online? (7 lessons)	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? (7 lessons)	Staying safe: How can I make safe choices in different places?

Year 3	<u>Protective behaviours</u> Lesson 1 Lesson 2 Lesson 3 Lesson 4 My healthy self: How can I take care of my mind and body? (8 lessons)	Connecting with others: What helps us feel safe and included? (7 lessons)	The online world: How should we communicate online? (7 lessons)	Citizenship: What rights and responsibilities do we have?	Healthy protection: How can we prevent illness and injury and respond if they happen?	Citizenship: What careers do people choose and why?
Year 4	<u>Protective behaviours</u> Lesson 1 Lesson 2 Lesson 3 Lesson 4 My healthy self: How can I make healthy choices? (8 lessons)	Connecting with others: How can we respect each other? (7 lessons)	The online world: How can I evaluate what I see online? (7 lessons)	Citizenship: How can I spend my money wisely?	Growing up: How will my body and emotions change as I grow up? (7 lessons)	Staying safe: What signs help me recognise what is safe or unsafe? (7 lessons)
Year 5	<u>Protective behaviours</u> Lesson 1 Lesson 2 Lesson 3 Lesson 4 My healthy self: How can I support my mind and body as I grow? (7 lessons)	Connecting with others: Why are healthy relationships important? (7 lessons)	The online world: How am I influenced by what I see online? (7 lessons)	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? (7 lessons)	Citizenship: How can we be in control of our money?
Year 6	<u>Protective behaviours</u> Lesson 1 Lesson 2 Lesson 3 Lesson 4 My healthy self: How do my choices today shape my future wellbeing? (7 lessons)	Connecting with others: What does it mean to stand up for myself and others? (7 lessons)	The online world: How do I feel about being online?	Citizenship: How can we protect everyone's rights?	Staying safe: How can I stay safe as I grow up?	Sex education: How do people become parents and carers? (7 lessons)