



PSHE Curriculum Map

2026-27 CYCLE B						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS (Rec/Y1)	MY HEALTHY SELF Rec/Y1 How can I look after my emotions?	CITIZENSHIP Rec/Y1 How can I help others and the environment?	CITIZENSHIP Rec/Y1 How do people belong to a community and earn money?	MY HEALTHY SELF Rec/Y1 How can we look after our bodies?	GROWING UP Rec/Y1 How can we look after and respect our bodies?	STAYING SAFE Rec/Y1 How can I make safe choices in different places?
KS1 (Y1/2)	MY HEALTHY SELF Y1/2 How can I look after my emotions?	CITIZENSHIP Y1/2 How can I help others and the environment?	CITIZENSHIP Y1/2 How do people belong to a community and earn money?	MY HEALTHY SELF Y1/2 How can we look after our bodies?	GROWING UP Y1/2 How can we look after and respect our bodies?	STAYING SAFE Y1/2 How can I make safe choices in different places?
LKS2	MY HEALTHY SELF Y3/4 How can I take care of my mind and body?	CITIZENSHIP Y3/4 What rights and responsibilities do we have?	HEALTH PROTECTION Y3/4 How can we prevent illness and injury and respond if they happen?	MY HEALTHY SELF Y3/4 How can I make healthy choices?	CITIZENSHIP Y3/4 How can I spend money responsibly?	GROWING UP Y3/4 How will my body and emotions change as I grow up?
UKS2	MY HEALTHY SELF Y5/6 How can I support my mind and body as I grow?	CITIZENSHIP Y5/6 How can we make a difference in our communities and beyond?	GROWING UP Y5/6 How can I manage the changes to my body and emotions as I grow up?	MY HEALTHY SELF Y5/6 How do my choices today shape my future health?	CITIZENSHIP Y5/6 How can we protect everyone's rights?	SEX EDUCATION Y5/6 How do people become parents and carers?

Kapow Primary RSE & PSHE – Mixed Age Cycle B units (Rec/Y1, Y1/2, Y3/4, Y5/6).

2027-28 CYCLE A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS (Rec/Y1)	CONNECTING WITH OTHERS Rec/Y1 How can I help myself and others feel happy and safe?	THE ONLINE WORLD Rec/Y1 How do we spend time online?	HEALTH PROTECTION Rec/Y1 How can I protect myself and others in daily life?	STAYING SAFE Rec/Y1 How can I stay safe?	CONNECTING WITH OTHERS Rec/Y1 How can I build safe, kind and caring relationships with others?	THE ONLINE WORLD Rec/Y1 How can we stay safe online?
KS1 (Y1/2)	CONNECTING WITH OTHERS Y1/2 How can I help myself and others feel happy and safe?	THE ONLINE WORLD Y1/2 How do we spend time online?	HEALTH PROTECTION Y1/2 How can I protect myself and others in daily life?	STAYING SAFE Y1/2 How can I stay safe?	CONNECTING WITH OTHERS Y1/2 How can I build safe, kind and caring relationships with others?	THE ONLINE WORLD Y1/2 How can we stay safe online?
LKS2	CONNECTING WITH OTHERS Y3/4 What helps us feel safe and included?	THE ONLINE WORLD Y3/4 How should we communicate online?	CITIZENSHIP Y3/4 What careers do people choose and why?	STAYING SAFE Y3/4 What signs help me recognise what is safe or unsafe?	CONNECTING WITH OTHERS Y3/4 How can we respect each other?	THE ONLINE WORLD Y3/4 How can we decide what to trust online?
UKS2	CONNECTING WITH OTHERS Y5/6 Why are healthy relationships important?	THE ONLINE WORLD Y5/6 How am I influenced by what I see online?	CITIZENSHIP Y5/6 How can we be in control of our money?	CONNECTING WITH OTHERS Y5/6 What does it mean to stand up for myself and others?	THE ONLINE WORLD Y5/6 How do I feel about the things I see online?	STAYING SAFE Y5/6 How can I stay safe as I grow up?

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