

PSHE and RSE Curriculum Progression 2026

Unit	EYFS	KS1	LKS2	UKS2
Me, My Body and My Health	<ul style="list-style-type: none"> • Similarities and differences • Name body parts (not genitalia) • Keeping our bodies healthy 	<ul style="list-style-type: none"> • Individual gifts, talents and skills • Girls' and boys' bodies • Personal hygiene (exercise, sleep, eating, dental, washing) 	<ul style="list-style-type: none"> • Self-confidence • Respecting our bodies • Puberty • Changing bodies 	<ul style="list-style-type: none"> • Gifts and talents grow as you mature • Girls' bodies and changes • Boys' bodies and changes • Spots and sleep
Emotional Well-being	<ul style="list-style-type: none"> • We all have different tastes • Trusting one another • Good feelings and bad feelings • Choices 	<ul style="list-style-type: none"> • Feelings, likes and dislikes • Feelings and actions are different • Managing feelings and behaviour 	<ul style="list-style-type: none"> • What is emotional wellbeing • Media versus reality • Unhealthy and risky behaviours 	<ul style="list-style-type: none"> • Body Image • Peculiar Feelings • Emotional Changes and hormones • Seeing stuff online
Life Cycles	<ul style="list-style-type: none"> • Growing up 	<ul style="list-style-type: none"> • Natural life stages from birth to death 	<ul style="list-style-type: none"> • Life in the womb life cycle 	<ul style="list-style-type: none"> • How babies grow in womb • Sexual intercourse • Menstruation and fertility
Personal Relationships	<ul style="list-style-type: none"> • Identifying special people in lives • Being a good friend • Resolving friendship problems 	<ul style="list-style-type: none"> • Special People in wider community • Treating others well • Positive and negative relationships • Apologising 	<ul style="list-style-type: none"> • Positive, trusting relationships • Different types of relationships • Friendships • Awareness of bullying • Abuse in relationships 	<ul style="list-style-type: none"> • Resisting peer pressure • Consent and bodily autonomy • Thoughts and feelings impact
Keeping Safe	<ul style="list-style-type: none"> • Staying safe inside and outside • My body, my rules • Medicines are not sweets • People who help us 	<ul style="list-style-type: none"> • Safe and unsafe situations • Good and bad secrets • Physical contact • People who can help you to stay safe 	<ul style="list-style-type: none"> • Sharing online • Chatting online • Acceptable physical contact • Not all drugs are good for us • Basic First Aid 	<ul style="list-style-type: none"> • Dangers of technology • Cyberbullying • Types of abuse • Drugs, tobacco and alcohol • Recovery position
Living in the Wider World	<ul style="list-style-type: none"> • Belonging to communities • Helping others • Helping our world 	<ul style="list-style-type: none"> • Community (home, school, parish, wider community, nation) • Practical tasks to help at home • Duty of care to others • Helping vs harming our world 	<ul style="list-style-type: none"> • Loving and caring for others • Practical ways to support others 	<ul style="list-style-type: none"> • Current issues • Supporting community