Marston Thorold's

PSHE and RSE Curriculum Overview

PSHE Cycle B (2026/2027)	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
All year groups (EYFS follow Early Learning Goals)	**Family & relationships**	**Health & Wellbeing**	**Safety & the changing body** **(RSE Unit)**	**Citizenship**	**Economic Wellbeing**	**Spirituality**
Hedgehogs Y1/2	**My Healthy Self** How can we look after our emotions?	**Citizenship** How can I help others and the environment?	**Citizenship** How do people belong to a community and earn money?	**My Healthy Self** How can we look after our bodies?	**Growing Up** How can we look after and respect our bodies as we grow up?	**Staying Safe** Ho can I make safe choices in different places?
Foxes Y3/4	**My Healthy Self** How can I take care of my mind and body?	**Citizenship** **What rights and responsibilities do we have?**	**Health Protection** How can we prevent illness and injury and respond of they happen?	**My Healthy Self** How can I make healthy choices?	**Citizenship** How can I spend money responsibly?	**Growing up** How will my body and emotions change as I Grow up? **(RSE Unit)**
Otters Y5/6	**My Healthy Self** How can I support my mind and body as I grow?	**Citizenship** How can we make a difference to our communities and beyond?	**Growing up** How can I manage the changes to my body as I grow up? **(RSE Unit)**	**My Healthy Self** How do my choices today shape my future health?	**Citizenship** How do we protect everyone's rights?	**Sex Education** How do people become parents and carers? **(RSE Unit)**

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Hedgehogs Y1/2	**Connecting With Others** How can I help myself and others feel safe?	**The Online World** How do we spend time online?	**Health Protection** How can I protect myself and others in daily life?	**Staying Safe** How can I stay safe?	**Connecting With Others** How can I form safe, kind and caring relationships with others?	**The Online World** How can we stay safe online?
Foxes Y3/4	**Connecting With Others** What helps us feel safe and included?	**The Online World** How should we communicate online?	**Citizenship** What careers do people choose and why?	**Staying Safe** What signs help me recognise what is safe and unsafe?	**Connecting With Others** How can we respect each other?	**The Online World** How can we decide what to trust online?
Otters Y5/6	**Connecting With Others** Why are healthy relationships important?	**The Online World** How am I influenced by what I see online?	**Citizenship** How can we in control of our money?	**Connecting with others** What does it mean to stand up for myself and others?	**The Online World** How do I feel about the things I see online?	**Staying Safe** How can I stay safe as I grow up?