Appendix 1: RSHE Curriculum Map 2026/27

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	**Self-regulation:** My Feelings	**My Healthy Self:** How can we look after our emotions?	**My Healthy Self:** How can we look after our bodies?	**My Healthy Self:** How can I take care of my mind and body?	**My Healthy Self:** How can I make healthy choices?	**My Healthy Self:** How can I support my mind and body as I grow?	**My Healthy Self:** How do my choices today shape my future health?
Autumn 2	**Building Relationships:** Special Relationships	**Connecting with Others:** How can I help myself and others feel happy and safe?	**Connecting with Others:** How can I build kind, safe and caring relationships with others?	**Connecting with Others:** What helps us feel safe and included?	**Connecting with Others:** How can we respect each other?	**Connecting with Others:** Why are healthy relationships important?	**Connecting with Others:** What does it mean to stand up for myself and others?
Spring 1	**Managing Self:** Taking on Challenges	**The Online World:** How do we spend time online?	**The Online World:** How can we stay safe online?	**The Online World:** How should we communicate online?	**The Online World:** How can we decide what to trust online?	**The Online World:** How am I influenced by what I see online?	**The Online World:** How do I feel about the things I see online?
Spring 2	**Self-regulation:** Listening and Following Instructions	**Citizenship:** How can I help others and the environment?	**Citizenship:** How do people belong to a community and earn money?	**Citizenship:** What rights and responsibilities do we have?	**Citizenship:** How can I spend my money wisely?	**Citizenship:** How can we make a difference in our communities and beyond?	**Citizenship:** How can we protect everyone's rights?
Summer 1	**Building Relationships:** My Family and Friends	**Health Protection:** How can I protect myself and others in daily life?	**Growing Up:** How can we look after and respect our bodies as we grow?	**Health Protection:** How can we prevent illness and injury and respond if they happen?	**Growing Up:** How will my body and emotions change as I grow up?	**Growing Up:** How can I manage the changes to my body and emotions as I grow up?	**Staying Safe:** How can I stay safe as I grow up?
Summer 2	**Managing Self:** My Wellbeing	**Staying Safe:** How can I stay safe?	**Staying Safe:** How can I make safe choices in different places?	**Citizenship:** What careers do people choose and why?	**Staying Safe:** What signs help me recognise what is safe or unsafe?	**Citizenship:** How can we be in control of our money?	**Sex Education:** How do people become parents and carers?

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EYFS Curriculum Overview

Autumn 1	**Self-regulation:** My Feelings This unit is about understanding feelings and emotions by recognising specific emotions, expressing them appropriately and managing strong feelings effectively. The children identify their own and others' emotions and learn strategies to respond positively.	**Autumn 2**	**Building Relationships:** Special Relationships This unit focuses on families, friendships and positive relationships by exploring the importance of special people in their lives. They consider the value of sharing, learn strategies for sharing fairly and recognise their own strengths as individuals.
Spring 1	**Managing Self:** Taking on Challenges This unit considers the value of perseverance in facing challenges. The children learn to communicate effectively with others, recognise the importance of rules and practise simple copying strategies.	**Spring 2**	**Self-regulation:** Listening and Following Instructions This unit develops listening and communication skills through stories and games that encourage careful attention to spoken language. The children explore how information can change as it is passed from person to person and how rumours spread.
Summer 1	**Building Relationships:** My Family and Friends This unit helps children to develop an understanding of sharing, turn-taking and positive relationships. They consider the qualities of a good friend, recognise how kind words affect others and work collaboratively to develop teamwork skills.	**Summer 2**	**Managing Self:** My Wellbeing This unit identifies why exercise is important for physical and mental health. The children discuss ways to take care of themselves, learn how to be safe pedestrians and consider the importance of a balanced diet.

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Year 1 Curriculum Overview

Autumn 1	**My Healthy Self:** How can we look after our emotions? This unit helps children to recognise and name a range of emotions and how to identify facial and body clues linked to feelings. They explore what helps them to feel calm and happy, understand the importance of rest and enjoyable activities, and practise simple strategies for managing different emotions.	**Autumn 2**	**Connecting with Others:** How can I help myself and others feel happy and safe? This unit helps children to identify what makes them and others special. They learn how friends, family and classmates can help and support each other. The children also explore how respect is shown through behaviour in different situations and identify simple strategies for managing disagreements in families and friendships.
Spring 1	**The Online World:** How do we spend time online? This unit helps children understand how to stay safe and respectful online and recognises the ways people use the internet in everyday life. They compare online and offline activities, explore appropriate online behaviour and identify strategies for staying safe and responding to unsuitable content.	**Spring 2**	**Citizenship:** How can I help others and the environment? This unit teaches how people can care for others and the environment through exploring the needs of babies, young children and pets, alongside ways to improve their school and local area. The children will investigate how rules help communities stay safe, happy and fair, and consider how they can make a positive contribution to the world around them.
Summer 1	**Health Protection:** How can I protect myself and others in daily life? This unit explores illnesses and injuries, understanding the roles of different healthcare workers in prevention and treatment as well as how to get medical help. The children learn how germs spread, practise ways to reduce the risk of illness and learn when and how to seek help in an emergency.	**Summer 2**	**Staying Safe:** How can I stay safe? This unit helps children to recognise how rules help to keep people safe by identifying everyday hazards and understanding situations that could cause harm. They explore ways to stay safe around roads and potentially dangerous items, recognise body clues that signal a problem and learn how to seek help from a trusted adult when needed.

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Year 2 Curriculum Overview

Autumn 1	**My Healthy Self:** How can we look after our bodies? This units helps children understand how everyday choices support health and wellbeing by exploring the effects of movement, sleep, food and drink on the body. They will identify healthy habits, including eating fruit and vegetables, drinking water, resting well and caring for their teeth, before planning a simple healthy daily routine.	**Autumn 2**	**Connecting with Others:** How can I build safe, kind and caring relationships with others? This unit recognises how families and communities can be similar and different. The children will learn about kindness, respect and positive relationships. They will recognise unkind behaviour (including bullying), explore personal space, privacy and boundaries, and identify trusted adults who can help them when they feel worried or unsafe.
Spring 1	**The Online World:** How do we stay safe online? This unit develops an understanding of how people use the internet safely, including sharing information, protecting private information and recognising that not everything online is real. The children apply their understanding by identifying safe and unsafe online situations, evaluating online content and explaining how to respond safely when they need help.	**Spring 2**	**Citizenship:** How do people belong to a community and earn money? This unit teaches how people can care for others and the environment through exploring the needs of babies, young children and pets, alongside ways to improve their school and local area. The children will investigate how rules help communities stay safe, happy and fair, and consider how they can make a positive contribution to the world around them.
Summer 1	**Growing Up:** How can we look after and respect our bodies as we grow? This unit recognises how people grow and change over time and focuses on physical development, privacy and personal boundaries. Children learn that change is a normal part of growing up. They use the correct scientific names for private body parts and identify trusted people who can help if they feel worried or unsafe.	**Summer 2**	**Staying Safe:** How can I make safe choices in different places? This unit recognises how rules help to keep people safe by identifying everyday hazards and understanding situations that could cause harm. The children will explore ways to stay safe around roads and potentially dangerous items. They will also recognise body clues that signal a problem and learn how to seek help from a trusted adult when needed.

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Year 3 Curriculum Overview

Autumn 1	**My Healthy Self:** How can I take care of my mind and body? This unit examines the connection between the mind and body by recognising and describing a wide range of emotions and feelings. Children identify habits that support healthy sleep, consider the impact of bullying on wellbeing and learn how and where to access support when needed.	**Autumn 2**	**Connecting with Others:** What helps us feel safe and included? This unit helps children to recognise their own strengths, qualities and boundaries and how to develop self-worth and confidence in expressing themselves respectfully. They will explore how families and friendships provide support, practise ways to repair friendships, and identify types of bullying and how to respond to them.
Spring 1	**The Online World:** How should we communicate online? This unit explores online and in-person communication, including respectful behaviour, misunderstandings and how communication can affect safety online. Children will identify unsafe online situations, consider how to respond to online bullying and apply their understanding to communicate safely and respectfully online.	**Spring 2**	**Citizenship:** What rights and responsibilities do we have? This unit teaches about rights, responsibilities and citizenship by exploring children's rights, human rights and why they matter. The children will explore how responsible choices support people and the environment, including reducing waste and understanding how local councils help meet the needs of their communities.
Summer 1	**Health Protection:** How can we prevent illness and injury and respond if they happen? This unit investigates how healthy habits, medicine and healthcare help prevent illness and protect wellbeing. The children will apply their understanding by making informed decisions about hygiene, sun safety and seeking medical help, while practising basic first aid and learning when to call 999.	**Summer 2**	**Citizenship:** What careers do people chose and why? This unit teaches about the world of work by exploring different jobs and career routes, what can influence career choices and how strengths and skills can be useful across different roles. The children will develop an understanding of gender stereotypes and how they can be challenged, while considering why people may change careers and how existing skills and experience can support new opportunities.

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Year 4 Curriculum Overview

Autumn 1	**My Healthy Self:** How can I make healthy choices? This unit helps children understand how healthy choices support both physical and mental wellbeing by exploring exercise, nutrition and hydration. They identify strategies for developing a growth mindset and recognise how acts of kindness and helping others can have a positive impact on themselves and those around them.	**Autumn 2**	**Connecting with Others:** How can we respect each other? This unit examines respectful and disrespectful behaviour by considering how actions and expectations can vary in different settings. Children develop strategies for building trust and resolving friendship challenges, practise responding to bullying, and learn how stereotypes can negatively affect people and communities.
Spring 1	**The Online World:** How can we decide what to trust online? This unit develops critical thinking skills through exploring how information is found, shared and presented online. Pupils evaluate the reliability of digital content by checking sources, identifying misleading information and comparing evidence before deciding what to believe.	**Spring 2**	**Citizenship:** How can I spend my money wisely? This unit teaches children how to manage money by examining the different ways people pay for things, including cash and bank cards. The children will develop an understanding of budgeting, value for money and responsible financial decision-making, while considering how money can influence people's feelings and choices.
Summer 1	**Growing Up:** How will my body and emotions change as I grow up? This unit helps children learn about the physical and emotional changes that occur during puberty. They will recognise that these changes are normal and happen at different times for everyone.	**Summer 2**	**Staying Safe:** What signs help me recognise what is safe or unsafe? This unit develops personal safety skills by recognising warning signs, responding to uncomfortable situations and seeking help in an emergency. Children identify safe ways to cross roads, explore the dangers of water, and learn how to distinguish between medicines and harmful substances.

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Year 5 Curriculum Overview

Autumn 1	**My Healthy Self:** How can I support my mind and body as I grow? This unit helps children understand how everyday choices can support physical and emotional wellbeing by exploring nutrition, physical activity and self-regulation. They learn to read food labels, identify ways to build more movement into their routines and practise strategies for managing emotions and seeking support when needed.	**Autumn 2**	**Connecting with Others:** Why are healthy relationships important? This unit investigates identity, values and relationships by considering how experiences and beliefs can influence choices and behaviour. Children examine the role of commitment and support within families, identify where to seek help if home feels unsafe and develops strategies for building and maintaining healthy friendships.
Spring 1	**The Online World:** How am I influenced by what I see online? This unit considers how online content can influence choices by examining advertising, influencers and persuasive techniques used online. Children develop critical thinking skills by considering spending decisions, recognising possible scams and identifying strategies to respond safely to pressure and persuasion.	**Spring 2**	**Citizenship:** How can we make a difference to our communities? This unit develops active citizenship skills through exploring how people can make a difference in their communities and beyond. The children will learn how individuals, communities and pressure groups, local councillors and MPs can influence change in government.
Summer 1	**Growing Up:** How can I manage the changes to my body and emotions as I grow up? This unit helps children understand the physical and emotional changes that happen during puberty, including their impact on feelings, behaviour and relationships. They explore personal hygiene, periods, kindness, respect and personal boundaries, and identify trusted sources of support during puberty.	**Summer 2**	**Citizenship:** How can we be in control of our money? This unit helps children build financial awareness by distinguishing between needs and wants, creating budgets and understanding borrowing and lending. They consider the risks of spending money online, learn how to keep money safe and recognise the risks associated with gambling.

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Year 6 Curriculum Overview

Autumn 1	**My Healthy Self:** How do my choices today shape my future health? This unit teaches about the importance of daily dental care and how choices about food, drink and lifestyle can affect long-term health and wellbeing. Children will think critically about healthy eating (including calories as a unit of energy) and consider how habits and reactions can influence relationships, learning and future success. They also explore how a growth mindset can build confidence and resilience when facing challenges.	**Autumn 2**	**Connecting with Others:** What does it mean to stand up for myself and others? This unit helps children develop self-respect and resilience by setting personal goals and practising respectful behaviour in different situations, including online. They will build skills in setting boundaries, challenging stereotypes, discrimination and bullying, and recognising when to seek help from trusted adults and support services.
Spring 1	**The Online World:** How do I feel about the things I see online? This unit explores how online experiences can influence our thoughts, feelings and behaviour. Children will learn to recognise online risks in order to make safe decisions, including how to respond to online bullying and other harmful behaviours.	**Spring 2**	**Citizenship:** How can we protect everyone's rights? This unit explores human rights, law and how the legal system helps uphold fairness in society. The children will consider the consequences of breaking laws, examine prejudice and discrimination, and identify ways to challenge stereotypes to promote equality and inclusion.
Summer 1	**Staying Safe:** How can I stay safe as I grow up? This unit develops an understanding of hazards, risks and safer choices by exploring how to stay safe at home, outdoors, on public transport and around water. Children also consider how peer pressure, consent, boundaries and drug misuse can affect decisions. They will learn strategies to protect themselves and others.	**Summer 2**	**Sex Education:** How do people become parents and carers? This unit teaches the correct terminology for body parts and helps children understand how babies are conceived, how they grow during pregnancy and how they are born. They learn about consent and the legal age of consent. They also explore different types of families and understand the responsibilities and lifelong commitment involved in having a baby.