



PSHE (including Relationships) Overview 2025 - 2026



	Introductory lesson	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5
EYFS		Self-regulation: My feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends
Year 1	Y1 Introduction: Setting ground rules for RSE & PSHE	Y1 Families and relationships 7 lessons	Y1 Health and wellbeing 8 lessons	Y1 Safety and the changing body 8 lessons	Y1 Citizenship 6 lessons	Y1 Economic wellbeing 6 lessons
Year 2	Y2 Introduction: Setting ground rules for RSE & PSHE lessons	Y2 Families and relationships 7 lessons	Y2 Health and wellbeing 7 lessons	Y2 Safety and the changing body 9 lessons	Y2 Citizenship 7 lessons	Y2 Economic wellbeing 6 lessons
Year 3	Introduction: Setting ground rules for RSE & PSHE lessons	Y3 Families and relationships 8 lessons	Y3 Health and wellbeing 7 lessons	Y3 Safety and the changing body 8 lessons	Y3 Citizenship 7 lessons	Y3 Economic wellbeing 6 lessons
Year 4	Introduction: Setting ground rules for RSE & PSHE lessons	Y4 Families and relationships 8 lessons	Y4 Health and wellbeing 7 lessons	Y4 Safety and the changing body 8 lessons	Y4 Citizenship 6 lessons	Y4 Economic wellbeing 6 lessons
Year 5	Introduction: Setting ground rules for RSE & PSHE lessons	Y5 Families and relationships 8 lessons	Y5 Health and wellbeing 7 lessons	Y5 Safety and the changing body 7 lessons	Y5 Citizenship 6 lessons	Y5 Economic wellbeing 6 lessons
Year 6	Introduction: Setting ground rules for RSE & PSHE lessons	Y6 Families and relationships 6 lessons	Y6 Health and wellbeing 8 lessons	Y6 Safety and the changing body 8 lessons	Y6 Citizenship 8 lessons	Y6 Economic wellbeing 6 lessons
						Unit 6 - Identity 2 lessons