

PSHE/RSE CURRICULUM COVERAGE 2025/26

PSHE 2025/2026	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit of Work	Myself & My Relationships (MMR) <i>Beginning and Belonging (BB)</i> Citizenship (Cit) <i>Rights, rules and responsibilities (RR)</i>	Myself & My Relationships (MMR) <i>Family and Friends (FF)</i> <i>My Emotions (ME)</i>	Citizenship (Cit) <i>Identities & Diversity (ID)</i> <i>Me and My World (MW)</i> <i>Working Together (WT)</i> <i>Financial Capability (FC)</i> <i>Diversity & Communities (DC)</i>	Healthy and Safer Lifestyles (HSL) <i>My Body & Growing Up (BG)</i> <i>Relationships & Sex Education (RS)</i> <i>Drug Education (DE)</i>	Healthy and Safer Lifestyles (HSL) <i>Keeping Safe (KS)</i> <i>Managing Safety & Risk (MSR)</i> <i>Personal Safety (PS)</i>	Healthy and Safer Lifestyles (HSL) <i>Healthy Lifestyles (HL)</i> Myself & My Relationships (MMR) <i>Managing Change (MC)</i>
Reception	MMR BBF	MMR FFF MMR MEF	Cit: IDF Cit: MWF	HSL BGF	HSL KSF	HSL HLF
Year 1	MMR BB12	MMR ME12 MMR AB12	Cit: WT12 Cit: FC12	HSL RS1 HSL DE12	HSL PS12	HSL HL12
Year 2	Cit: RR12	MMR FF12	Cit: DC12	HSL RS2	HSL MSR12	MMR MC12
Year 3	MMR BB34	MMR FF34 MMR AB34	Cit: WT34 Cit: FC34	HSL RS3 HSL DE34	HSL MSR34	HSL HL34
Year 4	Cit: RR34	MMR ME34	Cit: DC34	HSL RS4	HSL PS34	MMR MC34
Year 5	MMR BB56	MMR FF56 MMR AB34	Cit: WT56 Cit: FC56	HSL RS5 HSL DE56	HSL MSR56	HSL HL56
Year 6	Cit: RR56	MMR ME56 MMR AB56	Cit: WT56 Cit: FC56	HSL MSR56	HSL RS6 HSL DE56	HSL HL56

Pre-school	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Myself and My Relationships	UTW - Name and describe people who are familiar to them.	<p>PSED - Find solutions to conflicts and rivalries. For example, accepting that not everyone can be Spider-Man in the game, and suggesting other ideas.</p> <p>PSED - Show more confidence in new social situations</p>	<p>PSED - Play with one or more other children, extending and elaborating play ideas</p> <p>UTW - Make connections between the features of their family and other families.</p>			
Beginning and belonging	<p>UTW - Notice differences between people</p> <p>UTW - Talk about members of their immediate family and community</p>	UTW - Develop their sense of responsibility and membership of a community.	UTW - Continue developing positive attitudes about the differences between people.	.		
My emotions	PSED - Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'.	PSED - Understand gradually how others might be feeling	PSED - Increasingly follow rules, understanding why they are important	<p>PSED - Talk with others to solve conflicts</p> <p>PSED - Develop appropriate ways of being assertive</p>	PSED - Remember rules without needing an adult to remind them	
Healthy lifestyles				UTW - Begin to make sense of their own life-story and family's history	PSED - Make healthy choices about food,	

					<p>drink, activity and toothbrushing.</p> <p>PSED - Be increasingly independent in meeting their own care needs, e.g., brushing teeth, using the toilet, washing and drying their hands thoroughly</p>	
Citizenship	UTW - Show interest in different occupations	PSED - Recognise that people have different beliefs and celebrate special times in different ways	UTW - Begin to understand the need to respect and care for the natural environment and all living things.	PSED - Recognise some similarities and differences between life in this country and life in other countries		UTW - Know that there are different countries in the world and talk about the differences they have experienced or seen in photos