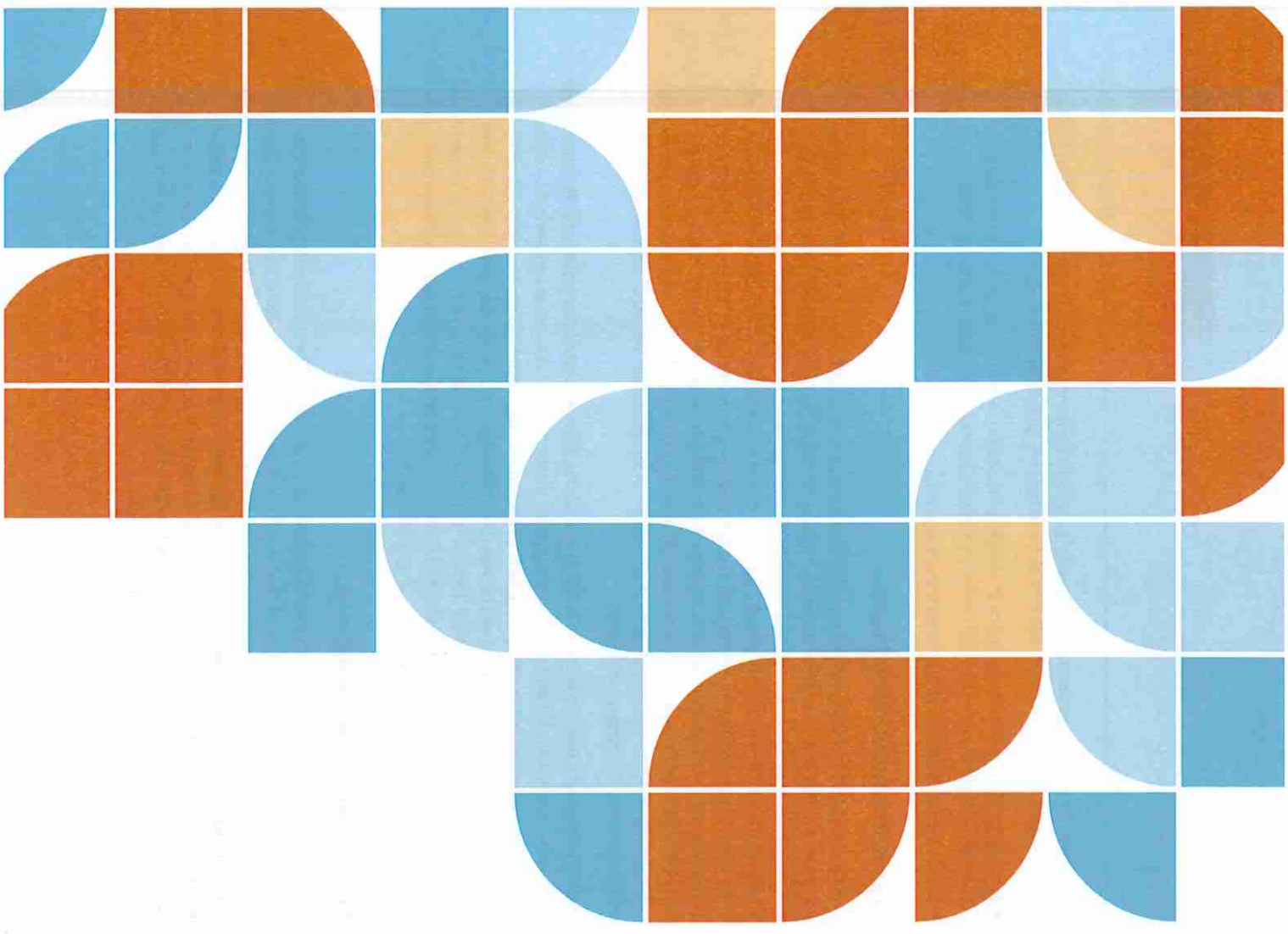


PSHE education Curriculum Model

KS1

KS2



Introduction

KS1

KS2

Welcome to the PSHE Association's Curriculum Model for key stages 1 and 2. It is designed to accompany the 2026 edition of the [Programme of Study for PSHE education](#), which covers all of Relationships, Sex and Health education (RSHE), including statutory content for Relationships and Health Education and recommended content for Sex Education, as well as essential learning on Economic Wellbeing and Careers Education.

The Programme of Study sets out learning opportunities for each key stage. Our Curriculum Model supports you to turn this into a tailored PSHE education curriculum for your school, by providing:

- a long-term plan for the academic year across all year groups and half terms
- medium-term plans for each year group with unit outlines
- links to lesson plans (PSHE Association resources and resources carrying the Association's Quality Mark) that could be used to deliver each half-term unit
- additional or alternative resources that could be used to enhance each half-term unit

New PSHE Association and quality assured lesson plans will be added to the Curriculum Model as they are published.

Using and adapting the Curriculum Model

The Curriculum Model is colour coded to make clear which content covers the Department for Education (DfE) [statutory guidance on Relationships, \(Sex\) and Health education](#), and which units cover other essential – but currently non-statutory – content such as Economic Wellbeing and Career-Related Learning.

Across the year groups, this Curriculum Model covers all of the Programme of Study learning opportunities for each key stage. It suggests how your school might deliver statutory and other content in PSHE education in an age and stage appropriate way, following a spiral approach that revisits and embeds learning. You will want to tailor your PSHE education curriculum for your pupils, so we encourage you to use and adapt the Curriculum Model in a way that best suits your school.

Before developing your PSHE education provision, consider your pupils' needs, the aims and ethos of your school, the local community and local environment in which your school

is situated. This will help you to clarify your curriculum intent, and tailor the Curriculum Model to your pupils' needs and your school's circumstances. Consider drawing on:

- **local data** such as the Department of Health and Social Care's child and maternal health (CHIMAT) profiles and your local authority's Joint Strategic Needs Assessment (JSNA)
- **pupil voice activities** and your own knowledge and understanding of your pupils' needs

Suggested and additional lesson plans

The Curriculum Model provides suggested lessons for each unit of work, and links to lesson packs on the PSHE Association website. Where no organisation has been named, these are member-only lessons written by the PSHE Association, for example "Foundations for Wellbeing" and "Friendship and bullying" in Autumn term of year 1. We also list materials that have been produced by, or developed in partnership with, a range of other organisations. This allows us to bring their specific areas of expertise to your classroom, and you can be assured that every lesson we link to has achieved our Quality Mark¹. In such cases, the relevant organisation's name will be listed next to lessons – for example "NSPCC" and "The Careers and Enterprise Company" in year 2.

You can choose to use the lessons listed in the Curriculum Model as they are, or plan and adapt your own lessons using these as a starting point. For each unit, we have suggested a series of lessons for each half term, assuming that most schools are teaching an hour a week of PSHE education. Further adaptations will be needed if you have more or less time. We have also suggested alternative or additional lessons from the PSHE Association, or other organisations' materials that have achieved the Quality Mark. We encourage you to explore these and choose the lessons that best meet your pupils' needs.

Parents' right to request withdrawal

The parental right to withdraw applies to Sex Education only. Though the Department for Education continues to recommend that primary schools teach Sex Education in year 5 and/or year 6, Sex Education is not compulsory in the primary phase. Consult the DfE's statutory RSHE guidance for further information about Sex Education and parents' right to withdraw. In line with the DfE's recommendations, this Curriculum Model places Sex Education in year 6, Spring 1. As with all topics, you may decide to move this to a different half term, within upper key stage 2, if that better suits your pupils' needs.

¹. Not all Quality Assured resources are free to access. A "£" symbol is used to indicate those for which there is a charge.

Primary PSHE education | Long-term overview

Early years foundation stage: For guidance and resources to support foundational learning before key stage 1, see our growing range of [EYF5 materials](#).

Economic Wellbeing & Careers

Economic Wellbeing & Careers

Statutory RSHE

Statutory RSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Making friends: playing and learning together	Mental health and wellbeing	Celebrating me, you and our families	Safety at home	Being healthy	Showing kindness to ourselves and others
Year 2	Mental health and wellbeing	Keeping safe online	Me, my body and staying safe	Money and work	Safety outside the home	Looking back and moving on
Year 3	Me, my friends and belonging	Mental health and wellbeing	Building healthy habits	Making choices online	Keeping safe out and about	Looking out for each other
Year 4	Mental health and wellbeing	Exploring ways to manage risk	Forming respectful relationships	Money matters and news literacy	Me, my body and growing up	Families and growing together
Year 5	Friendships, stereotypes and bullying	Mental health and wellbeing	Positively engaging with our world	Respecting boundaries	Safe connections online	Embedding healthy habits and learning first aid
Year 6	Mental health and wellbeing	Managing money and online spending	Changes in puberty (<i>and sex education</i>)	Drug education: assessing risk and managing influences	Developing our AI literacy	Looking to the future

Year 2

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Mental health and wellbeing This unit builds on the learning in year 1 by exploring a range of feelings and their intensity, and simple strategies to help manage them. The unit also introduces different kinds of change and loss (including bereavement).	Keeping safe online This unit explores how online content can impact feelings, and supports pupils to make safe choices about what they watch or share online (including the importance of not sharing personal information).	Me, my body and staying safe This unit explores how people change as they grow from young to old. Pupils are introduced to the names of private body parts, including genitalia, and learn how the Talk PANTS rules can help keep children safe.	Money and work This unit examines people's different strengths and interests and what this means for the jobs they might choose. It explores what money is, how jobs can help people earn money, and how to distinguish between needs and wants.	Keeping safe outside the home This unit builds on prior learning about risk through the context of road and rail safety. Pupils learn what an 'emergency' is and how to get help from an adult in an emergency, or call 999 themselves if they need to.	Looking back and moving on Use this unit to consolidate learning – this could include an extended project rehearsing skills and extending knowledge from previous units. It is also an opportunity to celebrate pupils' achievements and prepare them for the transition to key stage 2.
Suggested lessons: <u>Foundations for Wellbeing – Y2</u> L1: Noticing and naming feelings L2: Different distractions L3: Changing thoughts and feelings L4: Managing unhelpful thoughts L5: Reactions and responses <u>Change, loss and grief – KS1</u> L1: What happens when things change?	Suggested lessons: <u>CEOP: Jessie and Friends – KS1</u> L1: Watching videos L2: Sharing pictures L3: Playing games <u>BBFC: Watch out! – KS1</u> L1: Helping to make good viewing choices L2: Keeping viewing choices safe	Suggested lessons: <u>Medway: Changing and growing up – KS1</u> L1: My special people L2: Growing up – the human life cycle L3: Everybody's body <u>NSPCC: Talk PANTS – 5-7</u> L1: PANTS power L2: More PANTS power	Suggested lessons: <u>The Careers and Enterprise Company: Careers explorers – KS1</u> L1: Strengths and interests L2: Different jobs <u>Money and wellbeing – KS1</u> L1: What is money? L2: Money choices	Suggested lessons: <u>Road and rail safety – KS1</u> L1: Crossing the road L2: Keeping safe around railways COMING SOON Emergencies lesson <u>Environment agency – KS1</u> L1: Caring for the environment	Suggested lessons: <u>Foundations for Wellbeing: Revise the extension and embedding activities in year 2 lessons.</u> <u>Embracing change and new challenges – KS1</u> L1: Moving to a new class
Alternative / additional lessons: Curiosity Library (£): Fang and the changing seasons 					

Year 3

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Me, my friends and belonging This unit explores themes of personal identity and friendship. Pupils learn ways to make others feel welcome and included.	Mental health and wellbeing Building on the learning in year 2, this unit develops pupils' bank of self-regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries.	Building healthy habits This unit develops pupils' understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity.	Making choices online This unit explores how to protect information online and make choices about online content, including understanding age ratings.	Keeping safe out and about This unit supports pupils to identify risk and keep safe in the sun, as well as around railways and water.	Looking out for each other This unit explores the basics of first aid, and revisits how to make an efficient call to the emergency services.
Suggested lessons: <u>Personal identity</u> – KS2 L1: Personal identity <u>Medway: Changing and growing up</u> – Y3 L1: What makes a good friend L2: Falling out with friends <u>Belonging and community</u> – Y3-4 L2: Belonging to a community	Suggested lessons: <u>Foundations for Wellbeing</u> – Y3 L1: Exploring emotions L2: Understanding distraction L3: Managing thoughts and emotions L4: Managing worries L5: Managing responses	Suggested lessons: <u>Food for thought</u> – KS2 L1: Healthier eating and drinking habits L2: Healthier eating – choices and influences L3: Ready, set, cook! <u>Dental health</u> – KS2 L1: Exploring dental health COMING SOON Physical activity lesson	Suggested lessons: NSCS: <u>CyberSprinters</u> – KS2 L1: Creating and managing passwords L2: Protecting your devices BBFC: <u>Let's watch a film</u> – KS2 L1: What can we watch? L2: Can we choose what to watch? COMING SOON Paying to play lesson	Suggested lessons: <u>St John's Ambulance: First aid</u> – KS2 L1: Allergies L4: Bites and stings L7: Calling for help <u>Foundations for Wellbeing:</u> Revisit the extension and embedding activities in year 3 lessons.	Alternative / additional lessons: Food for thought – KS2 Revisit the extension and embedding activities.
Alternative / additional lessons: Ground rules, rule!	Alternative / additional lessons: Curiosity Library (£): Squashing the worry monster				Alternative / additional lessons: Food for thought – KS2 Revisit the extension and embedding activities.

Year 4

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Mental health and wellbeing Building on the learning in year 3, this unit extends pupils' understanding of self-regulation strategies and explores factors that can support wellbeing.	Exploring ways to manage risk This unit explores assessing and managing risk in different contexts, and the role that peer influence can play in personal safety.	Forming respectful relationships This unit supports pupils to respond appropriately to conflicts and bullying, and to understand the importance of kindness.	Money matters and news literacy This unit explores how attitudes and influences can impact decisions about money. It encourages pupils to critically engage with news stories and recognise how they might affect emotions.	Me, my body and growing up This unit focuses on the physical and emotional changes experienced during puberty, and builds pupils' confidence in using the Talk PANTS rule to keep safe.	Families and growing together This unit supports pupils' understanding of diverse family structures, and how families can change.
Suggested lessons: <u>Foundations for Wellbeing – Y4</u> L1: Describing emotions L2: Understanding internal and external distractions L3: Exploring different thinking habits L4: Different ways to manage worries L5: Strategies for calm <u>Change, loss and grief – Y3-4</u> L2: How do people manage change and loss?	Suggested lessons: <u>Firework safety – KS2</u> L1: Firework safety <u>Keeping safe at home – KS2</u> L2: Keeping safe at home <u>Road and rail safety – KS2</u> L3: Independently crossing the road <u>Exploring risk in relation to gambling – KS2</u> L1: Exploring risk <u>Drug education – Y3-4</u> L1: Medicines and household products L2: Smoking, vaping and alcohol	Suggested lessons: <u>Friendship and bullying – Y3-4</u> L1: Valuing friendships L2: Friendship challenges L3: What is bullying <u>OHID: Every mind matters – KS2</u> L1: Kindness	Suggested lessons: <u>Money and wellbeing – Y4</u> L1: How money is used L2: Making decisions about money <u>Guardian Foundation: NewsWise – ages 7-9</u> L4: How news affects feelings L6: Fake or real news? L7: Questioning images in the news	Suggested lessons: <u>Medway: Changing and growing up – Y4-5</u> L1: Time to change L2: Menstruation and wet dreams L3: Personal hygiene L4: Emotions and feelings <u>NSPCC: Talk PANTS – ages 7-9</u> L1: Building confidence	Suggested lessons: <u>Families – KS2</u> L1: Family relationships L2: Diverse families L3: Family changes <u>Committed relationships and family life – KS2</u> L1: Marriage and partnership
Alternative / additional lessons: COMING SOON Croydon: Wellbeing way lessons	Alternative / additional lessons: University of Greenwich: Our class University of Sussex: The Rez Curiosity Library (£): The anti-bullying club	Alternative / additional lessons: University of Greenwich: Our class University of Sussex: The Rez Curiosity Library (£): The anti-bullying club		Alternative / additional lessons: Foundations for Wellbeing: Revisit the extension and embedding activities in year 4 lessons.	Alternative / additional lessons: Rosie's story: What happens if families change?

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Friendships, stereotypes and bullying This unit explores respectful relationships and what to learn about bullying. Pupils learn how to recognise and challenge stereotypes and prejudiced or extreme views.	Mental health and wellbeing This unit revisits and builds on prior learning about mental health, exploring how different self-regulation strategies can help shift habitual thoughts and emotions, and support wellbeing.	Positively engaging with our world This unit examines healthy ways of engaging with news stories and the impact that climate change can have on emotions and wellbeing.	Respecting boundaries This unit explores personal boundaries, different types of touch, and how to respectfully ask, give or not give permission.	Safe connections This unit supports pupils to stay safe and manage risks if socialising online. It also touches on cybercrime.	Embedding healthy habits and learning first aid This unit supports pupils to recognise the benefits of healthy habits such as sun safety, regular exercise and goal setting. It also covers first aid.
Suggested lessons: <u>Friendship and bullying – Y5-6</u> L1: Including others L2: Positive and respectful friendships L3: Bullying and its impact <u>Belonging and community – Y5-6</u> L3: Challenging stereotypes L4: Addressing extremism	Suggested lessons: <u>Foundations for Wellbeing – Y5</u> L1: Noticing and naming emotions L2: Directing attention and managing distractions L3: Changing thinking habits L4: Rumination and worry L5: Managing reactivity	Suggested lessons: <u>Guardian Foundation: NewsWise – ages 9-11</u> L3: Managing feelings about the news L5: Spotting fake news L6: Understanding that news is targeted <u>UCL: Climate change – empathy and agency – KS2</u> L1: Connecting with nature L2: Everyday actions L3: Doing it together	Suggested lessons: Consent – KS2 L1: Giving and seeking permission L2: Personal boundaries L3: Appropriate and inappropriate touch <u>NSPCC: Talk PANTS – ages 9-11</u> L6: How can the PANTS rule help us? <u>Female genital mutilation – Y5-6*</u> L1: Keeping safe – FGM <i>*See the Programme of Study for further guidance on teaching about FGM at the primary phase.</i>	Suggested lessons: <u>CEOP: Play, like, share – ages 8-10</u> L1: Block him right good, Alfie! L2: Who's Magnus? L3: They have fans, we have friends! <u>CEOP: Connect – Y5-6</u> L1: Respectful relationships L2: Socialising online <u>NCA: Making the right CyberChoices – Y5-6</u>	Suggested lessons: <u>Melanoma Fund: Sunguarding schools – KS2</u> <u>Sure: Breaking limits – KS2</u> L1: Confident mover L2: Team player L3: Goal setter <u>St John's Ambulance: First aid – KS2</u> L2: Asthma L9: Head injuries
Alternative / additional lessons: Changing Faces: A World of Difference COMING SOON Assistance Dogs UK lesson	Alternative / additional lessons: OHID: Every mind matters – KS2	Alternative / additional lessons: Gloucestershire Healthy Living and Learning: Understanding consent	Alternative / additional lessons: City of London Police: Cyber detectives NSCS: CyberSprinters – lesson 3		

Year 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Mental health and wellbeing This unit revisits and builds on prior learning about mental health, helping pupils to explore strategies that support wellbeing – including in the context of the transition to secondary school.	Managing money and online spending This unit explores economic wellbeing and online financial harms (incorporating elements of statutory RSHE) – including targeted advertising and other influences on online spending.	Changes in puberty (and sex education*) This unit builds pupils' understanding of how to manage the changes that occur during puberty, including increased independence and new sleep patterns.	Drug education: assessing risk and managing influences This unit covers legal and illegal drugs, and the risks and effects of legal and illegal drug use.	Developing our AI literacy This unit introduces different types of AI, including generative AI, and explores the opportunities, challenges and risks associated with its use.	Looking to the future This unit explores career-related learning (including different career pathways) and supports pupils to prepare for the transition to secondary school.
Suggested lessons: <u>Foundations for Wellbeing – Y6</u> L1: Regulating emotions L2: Managing distraction L3: Developing positive thinking habits L4: Managing rumination and worry L5: Managing stress <u>Change, loss and grief – Y5-6</u> L3: How do people manage loss and support each other?	Suggested lessons: <u>Money and wellbeing – Y6</u> L1: Money and emotional wellbeing L2: Being a critical consumer <u>Exploring risk in relation to gambling – KS2</u> L2: Chancing it! <u>Online financial harms – KS2</u> L1: Spending influences L2: Wellbeing and support	Suggested lessons: <u>Medway: Changing and growing up – Y6</u> L1: Puberty recap L2: Puberty – change and becoming independent L3: Positive, healthy relationships L4: How a baby is made* <u>The sleep factor – KS2</u> L1: Getting a good night's sleep *The parental right to withdraw applies to sex education.	Suggested lessons: <u>Drug education – Y5-6</u> L1: Medicines L2: Legal and illegal drugs L3: Influences and pressure L4: Tobacco, vaping and alcohol in the media	Suggested lessons: COMING SOON <u>Understanding AI: Rights, safety and wellbeing lessons</u> L1: What is AI? L2: How does AI affect our rights? L3: What is an AI chatbot? <u>Home office – Digital deception: Understanding deepfakes – Y5-6</u> L1: The impact of generative AI L2: The ethics of AI images <u>Pick your pics – Y5-6</u> L1: Pick your pics	Suggested lessons: <u>The Careers and Enterprise Company: Careers explorers – KS2</u> L1: Job skills L2: Choosing a career L3: Career routes <u>Embracing change and new challenges – Y6</u> L1: Moving to secondary school
				Alternative / additional lessons: NSPCC: Talk relationships – Transition to secondary school 	

