

PSHE guidance

EYFS- Year 6- Based on the DofE 2025 guidance and structure.

Term	Autumn 1-	Autumn 2-	Spring 1-	Spring 2-	Summer 1-	Summer 2-
Early years	Personal hygiene	Personal, social and emotional development- Self regulation.	Personal, social and emotional development- Self regulation.	Personal, social and emotional development- Managing self.	Personal, social and emotional development- Managing self.	Using technology
Relationships education	PSED development- Building relationships	PSED development- Building relationships	Self awareness.	Self-awareness	PSED development- Building relationships	PSED development- Building relationships
Year 1 Ages 5-6	Personal hygiene	Being me in my own world	Celebrating differences	Personal safety: Basic first aid: .	Healthy me- general wellbeing.	Wellbeing online
Relationships education	Respectful Friendships	Families and people who care for me	Year 1 science curriculum	Year 1 science curriculum	Wellbeing online	Respectful kind relationships
Year 2 Ages 6-7	Personal hygiene	Being me in my own world	Celebrating differences	Personal safety: Basic first aid: .	Healthy me- general wellbeing.	Wellbeing online
Relationships education	Respectful Friendships	Families and people who care for me	Year 2 science curriculum	Year 2 science curriculum	Wellbeing online	Respectful kind relationships
Year 3 Ages 7-8	Personal hygiene	Being me in my own world	Celebrating differences	Personal safety: Basic first aid: .	Healthy me- general wellbeing.	Wellbeing online
Relationships education	Respectful Friendships	Families and people who care for me	Year 3 science curriculum	Year 3 science curriculum	Wellbeing online	Respectful kind relationships
Year 4 Ages 8-9	Personal hygiene	Being me in my own world	Celebrating differences	Personal safety: Basic first aid: .	Healthy me- general wellbeing.	Wellbeing online
Relationships education	Respectful Friendships	Families and people who care for me	Menstruation and periods and year 4 science curriculum	Year 4 science curriculum	Online safety and awareness	Respectful kind relationships
Year 5 Ages 9-10	Personal hygiene	Being me in my own world	Celebrating differences	Personal safety: Basic first aid: .	Healthy me- general wellbeing.	Wellbeing online
SRE	Respectful Friendships	Families and people who care for me	Developing bodies and puberty	Changing bodies and puberty	Online safety and awareness	Respectful kind relationships
Year 6 Ages 10-11	Personal hygiene	Being me in my own world	Celebrating differences	Personal safety: Basic first aid: .	Healthy me- general wellbeing.	Wellbeing online
SRE	Respectful Friendships	Families and people who care for me	Developing bodies and puberty	Changing bodies and puberty	Online safety and awareness	Respectful kind relationships

PSHE- topics covered

Relationships Education and SRE- topics covered

PSHE guidance

Year 7-Year 11- Based on the DofE 2025 guidance and structure.

Term	Autumn 1-	Autumn 2-	Spring 1-	Spring 2-	Summer 1-	Summer 2-
Year 7	Personal hygiene Body and skin- Oral and hair care- Clothing and environment-	Being me in my own world	Celebrating differences	Personal safety: Basic first aid:	Healthy me - general wellbeing. Health protection and prevention.	Wellbeing online
SRE	Relationships- Families	Relationships- Respectful relationships	Developing bodies and puberty	Developing bodies and puberty	Online safety and relationships	Relationships and keeping safe
Year 8	Personal hygiene Body and skin- Oral and hair care- Clothing and environment-	Being me in my own world	Celebrating differences	Personal safety: Basic first aid:	Healthy me - general wellbeing. Health protection and prevention.	Wellbeing online
SRE	Relationships- Families	Relationships- Respectful relationships	Developing bodies and puberty	Developing bodies and puberty	Online safety and relationships	Relationships and keeping safe
Year 9	Personal hygiene Body and skin- Oral and hair care- Clothing and environment-	Being me in my own world	Celebrating differences	Personal safety: Basic first aid:	Healthy me - general wellbeing. Health protection and prevention.	Wellbeing online
SRE	Relationships- Families	Relationships- Respectful relationships	Developing bodies and puberty	Developing bodies and puberty	Online safety and relationships	Relationships and keeping safe
Year 10	Personal hygiene Body and skin- Oral and hair care- Clothing and environment-	Being me in my own world	Celebrating differences	Personal safety: Basic first aid:	Healthy me - general wellbeing. Health protection and prevention.	Wellbeing online
SRE	Relationships- Families	Relationships- Respectful relationships	Developing bodies and puberty	Developing bodies and puberty	Online safety and relationships	Relationships and keeping safe
Year 11	Personal hygiene Body and skin- Oral and hair care- Clothing and environment-	Being me in my own world	Celebrating differences	Personal safety: Basic first aid:	Healthy me - general wellbeing. Health protection and prevention.	Wellbeing online
SRE	Relationships- Families	Relationships- Respectful relationships	Developing bodies and puberty	Developing bodies and puberty	Online safety and relationships	Relationships and keeping safe

PSHE- topics covered

Relationships Education and SRE- topics covered