Almeley Primary School
Little Elms Nursery

Inspiring Children to Become Independent and Responsible Thinkers Since the 1850's

PSHE and RSE Overview

Class 1 (2026-2027 Cycle A)

	Cycle A	Cycle B	Cycle C
Autumn 1	Building relationships My family and friends	Managing self Taking on challenges	Building relationships Special relationships
Autumn 2	Self-regulation Listening and following instructions	Self-regulation My feelings	Managing self My wellbeing
Spring 1	My healthy self How can we look after our feelings?	Connecting with others How can I help myself and others feel happy and safe?	The online world How do we spend time online?
Spring 2	Health protection How can I protect myself and others in daily life?	My healthy self How can we look after our bodies?	Staying safe How can I stay safe?
Summer 1	Citizenship How can I help others and the environment?	Connecting with others How can I build safe, kind and caring relationships with others?	The online world How can we stay safe online?
Summer 2	Growing up How can we look after and respect our bodies as we grow?	Citizenship How do people belong to a community and earn money?	Staying safe How can I make safe choices in different places?

PSHE and RSE Overview

Class 2 (2026-2027 Cycle B)

Cycle A

Connecting with others: What helps us feel safe and included?	The online world: How should we communicate online?	Citizenship: What careers do people choose and why?	Staying safe: What signs help me recognise what is safe or unsafe?	Connecting with others: How can we respect each other?	The online world: How can we decide what to trust online?

Cycle B

My healthy self: How can I take care of my mind and body?	Citizenship: What rights and responsibilities do we have?	Health protection: How can we prevent illness and injury and respond if they happen?	My healthy self: How can I make healthy choices?	Citizenship: How can I spend money responsibly?	Growing up: How will my body and emotions change as I grow up?

PSHE and RSE Overview

Class 3 (2026-2027 Cycle B)

Cycle A

Connecting with others: Why are healthy relationships important?	The online world: How am I influenced by what I see online?	Citizenship: How can we be in control of our money?	Connecting with others: What does it mean to stand up for myself and others?	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? Sex education: How do people become parents and carers? (Year 6 ONLY)

Cycle B

My healthy self: How can I support my mind and body as I grow?	Citizenship: How can we make a difference in our communities and beyond?	My healthy self: How do my choices today shape my future health?	Citizenship: How can we protect everyone's rights?	Growing up: How can I manage the changes to my body and emotions as I grow up?	The online world: How do I feel about the things I see online? Sex education: How do people become parents and carers? (Year 6 ONLY)