PSHE | ASSOCIATION



PSHE education Curriculum

KS1 KS2

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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 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

See Appendix 1 for Programme of Study learning opportunities mapped against the Curriculum Model. 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.

In Nursery and Early years, lessons from the range of EYFS materials are used to compliment the Early Years Foundation Stage (EYFS) curriculum.

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 Mark[1]. 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.

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. As a school that has up to Year 4 only, we don't cover any of the sex education content. Consult the DfE's statutory RSHE guidance for further information about Sex Education and parents' right to withdraw.

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 the range of EYFS materials.

Statutory RSHE | Statutory RSHE | Economic Wellbeing & Careers | Economic Wellbeing & Careers

School Plus course available

	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 1

Autumn 1

Making friends: playing and learning together

This unit explores how to listen, share, work cooperatively, and when and how to ask for permission. Pupils learn about friendships, including falling out and how to recognise bullying.

Suggested lessons:

Ground rules, rule! – KS1

L1: Ground rules, rule!

Learning and playing together – KS1

L1: Learning and playing together

Friendship and bullying – KS1

L1: Let's be friends

L2: Let's make up

L3: Let's be kind

Consent – KS1

L1: Asking for permission

Autumn 2

Mental health and wellbeing

This unit supports pupils to notice and name different types of feelings and thoughts – and learn simple self-regulation strategies to manage them.

Suggested lessons:

Foundations for Wellbeing – Y1

L1: Noticing feelings

L2: Distraction

L3: Paying attention to pleasant feelings

L4: Helpful and unhelpful thoughts

L5: Reacting

Spring 1

Celebrating me, you and our families

This unit explores similarities and differences, as well as everyone's individuality. Pupils look at different families, and how family members can show care and love for each other.

Suggested lessons:

Personal identity – KS1

L1: All different, all special

Belonging and community – KS1

L1: Sameness and difference

Families – KS1

L1: What makes a family?

L2: Different families

Alternative / additional lessons:

Curiosity Library (£): Fender finds his bark

Spring 2

Safety at home

This unit introduces pupils to hazards and risk in the context of the home. It explores strategies for staying safe, including in relation to household products and medicines.

Suggested lessons:

Keeping safe at home – KS1

L1: Keeping safe at home

Drug education – KS1

L1: Keeping safe

L2: Keeping healthy

L3: Medicines and household products

Summer 1

Being healthy

This unit teaches about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety.

Suggested lessons:

Keeping safe: Sun safety – KS1

L1: Keeping safe in the sun

The sleep factor – KS1

L1: Ready for sleep

Food for thought – KS1

L1: Keeping healthy with food and drink

Dental health – KS1

L1: Looking after our teeth

The importance of handwashing – KS1

L1: The importance of handwashing

COMING SOON

Physical activity

Alternative / additional lessons:

Curiosity Library (£): I really hate spaghetti; There's no need to worry about dentists at all

Summer 2

Showing kindness to ourselves and others

This unit revisits learning about feelings, and explores the importance of kindness.

Suggested lessons:

OHID: Every mind matters – KS1

L1: Emotions

L2: Kindness

L3: Self-care

Croydon Council: Wellbeing way – KS1

L1: 5 a day

Alternative / additional lessons:

Foundations for Wellbeing: Revisit the extension and embedding activities in year 1 lessons.

Statutory RSHE | Economic Wellbeing & Careers

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).

Suggested lessons:

Foundations for Wellbeing – Y2

L1: Noticing and naming feelings

L2: Different distractions

L3: Changing thoughts and feelings

L4: Managing unhelpful thoughts

L5: Reactions and responses

Change, loss and grief – KS1

L1: What happens when things change?

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).

Suggested lessons:

CEOP: Jessie and Friends – KS1

L1: Watching videos

L2: Sharing pictures

L3: Playing games

BBFC: Watch out! – KS1

L1: Helping to make good viewing choices

L2: Keeping viewing choices safe

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.

Suggested lessons:

Medway: Changing and growing up – KS1

L1: My special people

L2: Growing up – the human life cycle

L3: Everybody's body

NSPCC: Talk PANTS – ages 5-7

L1: PANTS power

L2: More PANTS power

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.

Suggested lessons:

The Careers and Enterprise Company: Careers explorers – KS1

L1: Strengths and interests

L2: Different jobs

Money and wellbeing – KS1

L1: What is money?

L2: Money choices

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.

Suggested lessons:

Road and rail safety – KS1

L1: Crossing the road

L2: Keeping safe around railways

COMING SOON

Emergencies

COMING SOON

Water safety - KS1

Environment agency: Caring for the environment

L1: Everyone is responsible

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:

Foundations for Wellbeing: Revisit the extension and embedding activities in year 2 lessons.

Embracing change and new challenges – KS1

L1: Moving to a new class

Alternative / additional lessons:

Curiosity Library (£): Fang and the changing seasons

Year 3

Autumn 1

Me, my friends and belonging

This unit explores themes of friendship and respect. Pupils learn about healthy friendships and ways to make others feel included.

Suggested lessons:

University of Greenwich: Our Class – KS2

L1: Ground rules and meeting 'Our Class'

L2: Friendships change

L3: When should you keep a secret and what makes a good friendship

L4: Making new friendships

L5: Recognising healthy and unhealthy friendships

Alternative / additional lessons:

Ground rules, rule!

OHID: Every Mind Matters - Kindness

Autumn 2

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.

Suggested lessons:

Foundations for Wellbeing – Y3

L1: Exploring emotions

L2: Understanding distraction

L3: Managing thoughts and emotions

L4: Managing worries

L5: Managing responses

Alternative / additional lessons:

Curiosity Library (£): Squashing the worry monster

Spring 1

Building healthy habits

This unit develops pupils' understanding of healthy habits, including healthier food and drink choices, maintaining dental health and regular physical activity.

Suggested lessons:

Food for thought – KS2

L1: Healthier eating and drinking habits

L2: Healthier eating – choices and influences

L3: Ready, set, cook!

Dental health – KS2

L1: Exploring dental health

COMING SOON

Physical activity

Spring 2

Making choices online

This unit explores how to protect information online and make choices about online content, including understanding age ratings.

Suggested lessons:

NSCS: CyberSprinters – KS2

L1: Creating and managing passwords

L2: Protecting your devices

BBFC: Let's watch a film – KS2

L1: What can we watch?

L2: Can we choose what to watch?

COMING SOON

Paying to play

Summer 1

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.

Suggested lessons:

Keeping safe: Sun safety – KS2

L1: Managing risk in the sun

Road and rail safety – KS2

L4: Risks and keeping safe

Environment agency: Water safety – KS2

L1: Canals and rivers

L2: Flood alert!

Summer 2

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:

St John Ambulance: First aid – KS2*

L1: Allergies

L4: Bites and stings

L7: Calling for help

**You may also choose to bring in appropriately qualified outside facilitators to support teaching of first aid content.*

Foundations for Wellbeing:
Revisit the extension and embedding activities in year 3 lessons.

Alternative / additional lessons:

Food for thought: Revisit the extension and embedding activities.

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Year 4

Autumn 1

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.

Suggested lessons:

Foundations for Wellbeing – Y4

L1: Describing emotions

L2: Understanding internal and external distractions

L3: Exploring different thinking habits

L4: Different ways to manage worries

L5: Strategies for calm

Change, loss and grief – Y3-4

L2: How do people manage change and loss?

Alternative / additional lessons:

Croydon Council: Wellbeing Way

Autumn 2

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.

Suggested lessons:

Firework safety – KS2

L1: Firework safety

Keeping safe at home – KS2

L1: Keeping safe at home

Road and rail safety – KS2

L3: Independently crossing the road

Exploring risk in relation to gambling – KS2

L1: Exploring risk

Drug education – Y3-4

L1: Medicines and household products

L2: Smoking, vaping and alcohol

Spring 1

Forming respectful relationships

This unit supports pupils to respond appropriately to conflicts and bullying, and to understand the importance of respect.

Suggested lessons:

Personal identity – KS2

L1: Personal identity

Friendship and bullying – Y3-4

L1: Valuing friendships

L2: Friendship challenges

L3: What is bullying

Belonging and community – Y3-4

L2: Belonging to a community

Alternative / additional lessons:

University of Sussex: The Rez

Curiosity Library (£): The anti-bullying club

Spring 2

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.

Suggested lessons:

Money and wellbeing – Y4

L1: How money is used

L2: Making decisions about money

Guardian Foundation: NewsWise – ages 7-9

L4: How news affects feelings

L6: Fake or real news?

L7: Questioning images in the news

Summer 1

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.

Suggested lessons:

Medway: Changing and growing up – Y4-5

L1: Time to change

L2: Menstruation and wet dreams

L3: Personal hygiene

COMING SOON

L4: Privacy

L5: Managing emotional changes

NSPCC: Talk PANTS – ages 7-9

L1: Building confidence

Alternative / additional lessons:

Foundations for Wellbeing: Revisit the extension and embedding activities in year 4 lessons.

Summer 2

Families and growing together

This unit supports pupils' understanding of diverse family structures, and how families can change.

Suggested lessons:

Families – KS2

L1: Family relationships

L2: Diverse families

L3: Family changes

Committed relationships and family life – KS2

L1: Marriage and partnership

Alternative / additional lessons:

Rosie's story: What happens if families change?

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Appendices

Appendix 1: Programme of Study references

These Programme of Study references indicate the learning opportunities covered through the lessons in each unit.

KS1 KS2

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Year 1

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Making friends: playing and learning together This unit explores how to listen, share, work cooperatively, and when and how to ask for permission. Pupils learn about friendships, including falling out and how to recognise bullying.	**Mental health and wellbeing** This unit supports pupils to notice and name different types of feelings and thoughts – and learn simple self-regulation strategies to manage them.	**Celebrating me, you and our families** This unit explores similarities and differences, as well as everyone's individuality. Pupils look at different families, and how family members can show care and love for each other.	**Safety at home** This unit introduces pupils to hazards and risk in the context of the home. It explores strategies for staying safe, including in relation to household products and medicines.	**Being healthy** This unit teaches about healthy lifestyles, including sleep, healthy food and drink choices, physical activity, hygiene routines (including teeth brushing) and sun safety.	**Showing kindness to ourselves and others** This unit revisits learning about feelings, and explores the importance of kindness.
Programme of Study: **Friendships** 1, 2, 3, 4, 5 **Respecting self and others** 2, 3, 4, 5, 6, 7, 8, 9 **Safe relationships: consent, boundaries and trust** 1 **Personal safety and first aid** 1	**Programme of Study:** **Mental health and wellbeing** 1, 2, 3, 4, 5, 8	**Programme of Study:** **Families** 1, 2, 3, 4 **Respecting self and others** 1, 2, 6, 7	**Programme of Study:** **Keeping healthy and well** 1 **Personal safety and first aid** 1, 2, 6 **Drug education** 1, 2, 3	**Programme of Study:** **Keeping healthy and well** 1, 2, 3, 4, 5, 6 **Physical activity and nutrition** 1, 2, 3, 4, 5, 6, 7 **Online life and safety** 7	**Programme of Study:** **Respecting self and others** 7 **Mental health and wellbeing** 1, 3, 4, 8

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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.
Programme of Study: **Mental health and wellbeing** 1, 2, 3, 4, 5, 6, 8	**Programme of Study:** **Safe relationships: consent, boundaries and trust** 4, 5, 6, 7, 8 **Online life and safety** 1, 2, 3, 4, 5, 6, 7, 8, 9	**Programme of Study:** **Families** 3, 4 **Safe relationships: consent, boundaries and trust** 1, 2, 3, 4, 5, 7, 8 **Changing and growing up** 1	**Programme of Study:** **Economic wellbeing** 1, 2, 3, 4, 5 **Careers education: aspiration, learning and work** 1, 2, 3, 4	**Programme of Study:** **Keeping healthy and well** 1 **Personal safety and first aid** 1, 2, 3, 4, 5, 6, 7 **Careers education: aspiration, learning and work** 3, 4	**Programme of Study:** **Mental health and wellbeing** 1, 5, 6, 7, 8

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Year 3

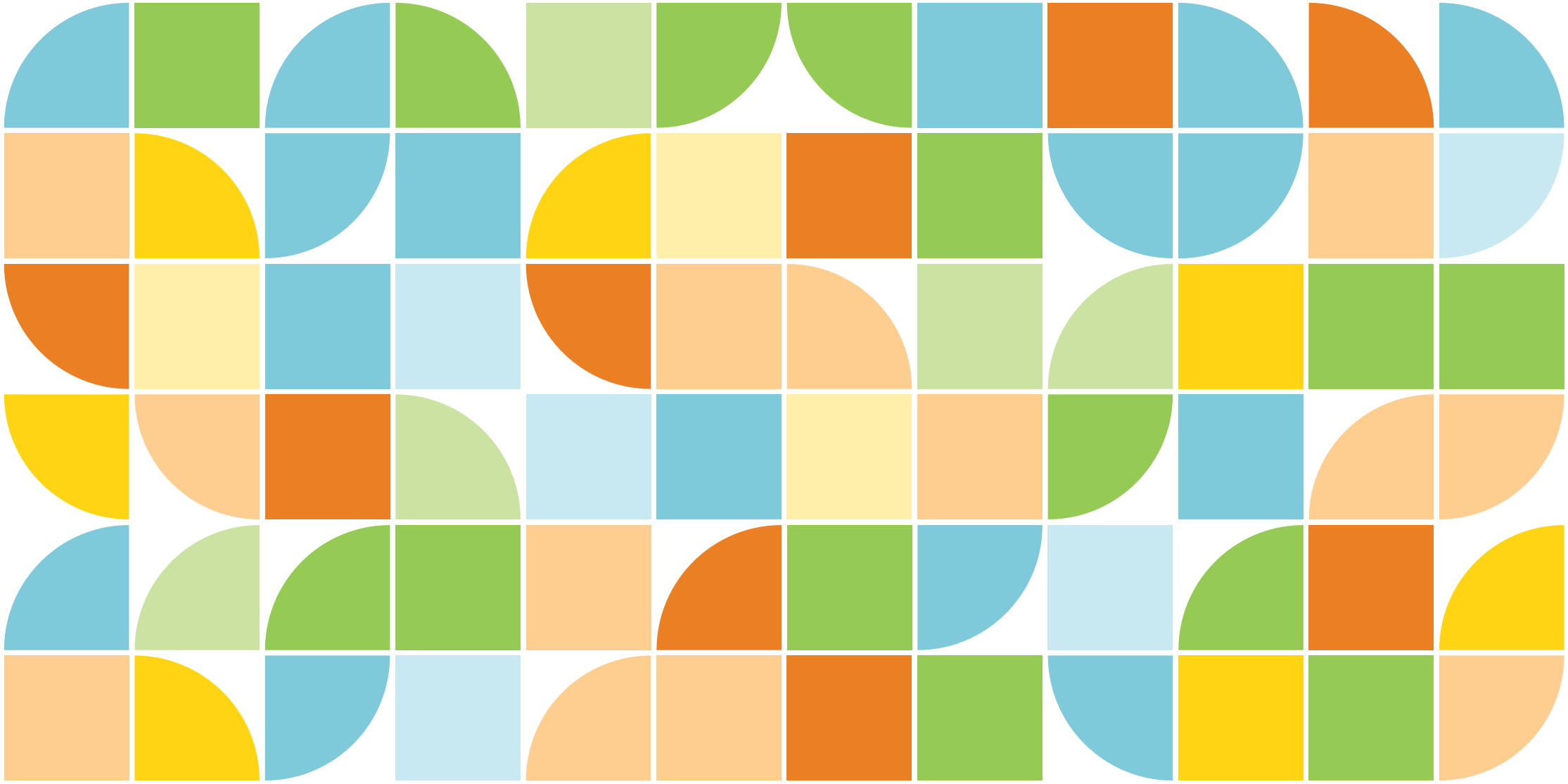
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Me, my friends and belonging This unit explores themes of friendship and respect. Pupils learn about healthy friendships and ways to make others feel included.	**Mental health and wellbeing** Building on the learning in year 2, this unit develops 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.
Programme of Study: **Friendships** 6, 7, 8, 9, 10, 11, 12, 13, 14 **Mental health and wellbeing** 17	**Programme of Study:** **Mental health and wellbeing** 9, 10, 12, 17, 21	**Programme of Study:** **Keeping healthy and well** 7, 11 **Physical activity and nutrition** 8, 9, 10, 11, 12, 13, 14, 15 **Online life and safety** 17	**Programme of Study:** **Online life and safety** 10, 11, 12, 15, 17, 21, 25, 27, 28, 29	**Programme of Study:** **Friendships** 11 **Keeping healthy and well** 8, 11 **Personal safety and first aid** 8, 10, 11, 13	**Programme of Study:** **Personal safety and first aid** 12, 13 **Drug education** 5

Statutory RSHE | Economic Wellbeing & Careers

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 respect.	**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.
Programme of Study: **Mental health and wellbeing** 10, 13, 14, 19, 21	**Programme of Study:** **Friendships** 11 **Personal safety and first aid** 8, 9, 10, 11 **Drug education** 4, 5, 6, 7, 8	**Programme of Study:** **Friendships** 6, 7, 8, 10, 13, 14 **Respecting self and others** 11, 12, 14, 15, 16 **Mental health and wellbeing** 11 **Online life and safety** 23 **Careers education: aspirations, learning and work** 5	**Programme of Study:** **Mental health and wellbeing** 10, 16 **Online life and safety** 10, 13, 17, 21, 24, 29 **Economic wellbeing** 6, 7, 10, 11	**Programme of Study:** **Safe relationships: consent, boundaries and trust** 9, 12, 13, 14, 15, 16, 17, 18, 19 **Mental health and wellbeing** 9, 10, 11, 21 **Changing and growing up** 2, 3, 5	**Programme of Study:** **Families** 5, 6, 7, 8, 9

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