

RSHE overview – Holly Class - EYFS

Week	Autumn	Spring	Summer
Week 1	Setting ground rules for RSHE (Year 1 curriculum – families and relationships lesson 1) - including hand of people we trust – 2 adults at school, 2 peers, 1 at home	Self regulation: listening and following instructions: Lesson 1: Simon says	Building relationships: My family and friends Lesson 1: festivals
Week 2	Self-regulation: My feelings (6 lessons) Lesson 1: Identify my feelings	Lesson 2: listening to a story	Lesson 2: sharing
Week 3	Lesson 2: Feelings jars	Lesson 3: Pass the whisper	Lesson 3: what makes a good friend?
Week 4	Lesson 3: Coping strategies	Lesson 4: Obstacle race/lesson 5: blindfold walk	Lesson 4: being a good friend
Week 5	Lesson 4: Describing feelings	Lesson 6: Treasure hunt	Lesson 5 teamwork
Week 6	Lesson 5: Facial expressions	Internet safety week inc.: NSPCC recurring lesson: Techosaurus: Help keep children safe online with Techosaurus! NSPCC	NSPCC recurring lesson: Pantasaurus Talk PANTS: Conversation to help keep children safe NSPCC
Week 7	NSPCC recurring lesson: Pantasaurus Talk PANTS: Conversation to help keep children safe NSPCC		
Half term			
Week 8	NSPCC recurring lesson: Techosaurus: Help keep children safe online with Techosaurus! NSPCC	NSPCC recurring lesson: Pantasaurus Talk PANTS: Conversation to help keep children safe NSPCC	NSPCC recurring lesson: Techosaurus: Help keep children safe online with Techosaurus! NSPCC
Week 9	Building relationships: special relationships Lesson 4: I am unique Links to anti-bullying week: Power for good	Managing self: Taking on challenges Lesson 1: Why do we have rules?	Managing self: My wellbeing Lesson 1: What is exercise?
Week 10	Lesson 1: My family	Lesson 2: Building towers	Lesson 2: Yoga and relaxation/lesson 3: looking after ourselves
Week 11	UK parliament week	Lesson 3: Team den building	Lesson 4: being a safe pedestrian
Week 12	Lesson 2: special people	Lesson 4: Grounding	Lesson 5: eating healthily
Week 13	Lesson 3: sharing	Lesson 5: team races, 6: circus skills	Lesson 6: A rainbow of food
Week 14	Lesson 6: similarities and differences	NB: you can choose to swap out any of lessons 2-4 with lessons 5/6 depending on children	Summer safety

RSHE overview – Larch Class – Year 1 and 2 - YEAR A (year 1)

Week	Autumn	Spring	Summer
Week 1	Setting ground rules for RSHE - including hand of people we trust – 2 adults at school, 2 peers, 1 at home	Family and relationships cont'd: Lesson 5: friendship problems	Lesson 2: Adults outside of school
Week 2	Health and wellbeing: Lesson 1: Understanding my emotions	Lesson 6: healthy friendships	Lesson 3: Getting Lost
Week 3	Lesson 2: What am I like?	Lesson 7: gender stereotypes	Lesson 4: Making an emergency phone call
Week 4	Lesson 3: ready for bed OR Lesson 4: relaxation	Citizenship: Lesson 1: Rules	Lesson 5: appropriate contact
Week 5	Lesson 5: Handwashing and personal hygiene	Lesson 2: caring for others (animals) – maybe link to animal visit in school?	Lesson 6: safety with substances OR Lesson 7: safety at home
Week 6	Lesson 7: Allergies OR Lesson 8: people who keep us healthy	Internet safety week inc.: NSPCC recurring lesson: Techosaurus: Help keep children safe online with Techosaurus! NSPCC	Lesson 8: People who help keep us safe
Week 7	NSPCC recurring lesson: Pantasaurus Talk PANTS: Conversation to help keep children safe NSPCC		
Half term			
Week 8	NSPCC recurring lesson: Techosaurus: Help keep children safe online with Techosaurus! NSPCC	NSPCC recurring lesson: Pantasaurus Talk PANTS: Conversation to help keep children safe NSPCC	NSPCC recurring lesson: Techosaurus: Help keep children safe online with Techosaurus! NSPCC
Week 9	Links to anti-bullying week: Power for good	Lesson 3: The needs of others	Economic wellbeing: Lesson 1: What is money?
Week 10	Family and relationships: Lesson 1: What is family?	Lesson 4: similar, yet different	Lesson 2: Keeping money safe
Week 11	UK parliament week Citizenship: Lesson 6: democratic decisions	Lesson 5: belonging	Lesson 3: what is a bank? OR Lesson 5 jobs in school
Week 12	Lesson 2: What are friendships?	Safety and the changing body: Lesson 1: Adults in school	Lesson 4: saving and spending OR Lesson 6: Jobs out of school
Week 13	Lesson 3: Recognising other people's emotions		Health and wellbeing: lesson 6: sun safety
Week 14	Lesson 4: working with others		Transition lesson: individual strengths and new skills

RSHE overview – Larch Class – Year 1 and 2 - YEAR B (year 2)

Week	Autumn	Spring	Summer
Week 1	Setting ground rules for RSHE - including hand of people we trust – 2 adults at school, 2 peers, 1 at home	Family and relationships cont'd: Lesson 4: unhappy friendships	Citizenship: Lesson 1: Rules beyond school
Week 2	Health and wellbeing: Lesson 1: Experiencing different emotions	Lesson 6: change and loss	Lesson 2: Our school environment
Week 3	Lesson 2: Being active	Safety and the changing body: Lesson 1: introduction to the internet	Lesson 3: Our local environment
Week 4	Lesson 3: relaxation: breathing exercise	Lesson 2: Communicating online	Lesson 4: Job roles in our local community
Week 5	Lesson 4: steps to success	Lesson 3: Secrets and surprises	Families and relationships Lesson 7: gender stereotypes: careers and jobs
Week 6	Lesson 5: developing a growth mindset	Internet safety week inc.: NSPCC recurring lesson: Techosaurus: Help keep children safe online with Techosaurus! NSPCC	Lesson 5: Similar, yet different – my local community
Week 7	NSPCC recurring lesson: Pantasaurus Talk PANTS: Conversation to help keep children safe NSPCC		
Half term			
Week 8	Lesson 6: Healthy eating <i>NB: need to cover lesson 7: looking after teeth at some point in the year</i>	NSPCC recurring lesson: Pantasaurus Talk PANTS: Conversation to help keep children safe NSPCC Inc. lesson 4: My private parts and lesson 5: my private parts are private	NSPCC recurring lesson: Techosaurus: Help keep children safe online with Techosaurus! NSPCC
Week 9	Links to anti-bullying week: Power for good	Lesson 6: My personal boundaries	Economic wellbeing: Lesson 1: Where does money come from?
Week 10	Family and relationships: Lesson 1: families offer stability and love	Lesson 7: Road safety	Lesson 2: exploring wants
Week 11	UK parliament week Citizenship: Lesson 6: school council	Lesson 8: Crossing roads safely	Lesson 3: exploring needs
Week 12	Lesson 2: families are all different	Lesson 9: Staying safe with medicine	Lesson 4: bank cards and accounts OR Lesson 5: My skills and talents
Week 13	Lesson 3: Other people's feelings		Lesson 6: Everyone is welcome
Week 14	Lesson 5: introduction to manners and courtesy		Transition lesson: change

RSHE overview – Willow Class – Year 3 and 4 - YEAR A (year 3)

Week	Autumn	Spring	Summer
Week 1	Setting ground rules for RSHE- including hand of people we trust – 2 adults at school, 2 peers, 1 at home	Lesson 4: local community groups (food bank visit)	Families and relationships Lesson1: Healthy families
Week 2	Health and wellbeing: Lesson 1: My healthy diary	Lesson 7: Rules	Lesson 2: Friendship conflict
Week 3	Lesson 2: Relaxation	Safety and the changing body: Lesson 1: First aid: emergencies and calling for help	Lesson 3: Friendship conflict vs bullying
Week 4	Lesson 3: Wonderful me	Lesson 2: First aid: Bites and stings	Lesson 4: Effective communication
Week 5	Lesson 4: my superpowers	Lesson 3: Be kind online	Lesson 5: learning who to trust
Week 6	Lesson 5: resilience- breaking down barriers	Internet safety week inc.: Lesson 5: fake emails	Lesson 6: Respecting differences in others
Week 7	NSPCC recurring lesson: Pantasaurus Talk PANTS: Conversation to help keep children safe NSPCC		
Half term			
Week 8	Lesson 6: communicating my feelings NB: need to cover lesson 7: diet and dental health at some point in the year.	NSPCC recurring lesson: Pantasaurus Talk PANTS: Conversation to help keep children safe NSPCC	Keeping safe on line – recurring lesson
Week 9	Links to anti-bullying week: Power for good	Lesson 4: cyberbullying	Economic wellbeing: Lesson 1: How do people pay for things?
Week 10	Citizenship: Lesson 1: Rights of the child	Lesson 6: making choices	Lesson 2: what does budgeting mean?
Week 11	UK parliament week Lesson 6: local democracy – mock election?	Lesson 7: influences	Lesson 3: How do people feel about money? OR Lesson 4: What happens when people spend money?
Week 12	Lesson 2: rights and responsibilities	Lesson 8: Keeping safe out and about	Lesson 5: What careers to people have?
Week 13	Lesson 3: recycling		Lesson 6: Can anyone be anything?
Week 14	Lesson 5: charity		Transition lesson: coping strategies

RSHE overview – Willow Class – Year 3 and 4 - YEAR B (year 4)

Ash Class – Year 4 and 5 - YEAR A (year 4)

Week	Autumn	Spring	Summer
Week 1	Setting ground rules for RSHE - including hand of people we trust – 2 adults at school, 2 peers, 1 at home	Lesson 3: Celebrating mistakes	Lesson 8: tobacco
Week 2	Families and relationships: Lesson 1: Respect and manners	Lesson 4: Meaning and purpose: My role	Citizenship Lesson 1: What are human rights?
Week 3	Lesson 2: Healthy friendships	Lesson 5: My happiness	Lesson 2: Caring for the environment
Week 4	Lesson 3: How my behaviour affects others	Lesson 6: Emotions	Lesson 3: community
Week 5	Lesson 4: Bullying	Lesson 7: mental health	Lesson 4: Contributing
Week 6	Lesson 5: Stereotypes: gender	Internet safety week inc.: Safety and the changing body: Lesson 1: age restrictions and Lesson 2: Share aware	Lesson 5: Diverse communities
Week 7	NSPCC recurring lesson: Pantasaurus Talk PANTS: Conversation to help keep children safe NSPCC		
Half term			
Week 8	Lesson 6: stereotypes: disability	NSPCC recurring lesson: Pantasaurus Talk PANTS: Conversation to help keep children safe NSPCC	Keeping safe online – recurring lesson
Week 9	Links to anti-bullying week: Power for good	Lesson 3: First aid: asthma	Economic wellbeing: Lesson 1: what is value for money?
Week 10	Lesson 7: Families in the wider world	Lesson 4: privacy and secrecy	Lesson 2: why keep track of money?
Week 11	UK parliament week Citizenship: Lesson 6: local councillors	Lesson 6: Growing up	Lesson 3: What ways are there to look after money? OR Lesson 4: What influences career choice?
Week 12	Lesson 8: change and loss	Lesson 7: Introducing puberty	Lesson 5: Why make a career change?
Week 13	Health and wellbeing: Lesson 1: Looking after our teeth		Lesson 6: How can workplace stereotypes be challenged?
Week 14	Lesson 2: relaxation: visualisation		Transition lesson: coping strategies

RSHE overview –Ash Class – Year 4 and 5 - YEAR B (year 5)

Week	Autumn	Spring	Summer
Week 1	Setting ground rules for RSHE - including hand of people we trust – 2 adults at school, 2 peers, 1 at home	Lesson 5: Taking responsibility for my feelings	Lesson 3: Protecting the planet
Week 2	Families and relationships: Lesson 1: Build a friend	Safety and the changing body Lesson 3: Puberty	Lesson 4: Contributing to the community
Week 3	Lesson 2: Friendship skills	Lesson 4: Menstruation	Lesson 5: Pressure Groups
Week 4	Lesson 3: Marriage	Lesson 5: emotional changes in puberty	Families and relationships Lesson 7: Stereotyping: gender
Week 5	Lesson 4: Respecting myself	Lesson 1: Online friendships	Lesson 8: Stereotyping: race and religion
Week 6	Lesson 5: family life	Internet safety week inc.: Lesson 2: Staying safe online	Keeping safe online – recurring lesson
Week 7	NSPCC recurring lesson: Pantasaurus Talk PANTS: Conversation to help keep children safe NSPCC		
Half term			
Week 8	Health and wellbeing: Lesson 1: relaxation: yoga	NSPCC recurring lesson: Pantasaurus Talk PANTS: Conversation to help keep children safe NSPCC	Economic wellbeing: Lesson 1: Why prioritise needs over wants?
Week 9	Links to anti-bullying week: Power for good Families and relationships: Lesson 6: bullying	Lesson 6: First aid: Bleeding and head injuries	Lesson 2: What is a weekly budget?
Week 10	Lesson 2: the importance of rest	Lesson 7: Alcohol, drugs and tobacco: making decisions	Lesson 3: What is borrowing and loaning?
Week 11	UK parliament week Citizenship: Lesson 6: parliament	Citizenship Lesson 1: Breaking the law	Lesson 4; What are the risks of handling money online?
Week 12	Lesson 3: embracing failure	Lesson 2: Rights and responsibilities	Lesson 5: Why challenge workplace stereotypes?
Week 13	Lesson 4: Going for goals		Lesson 6: What makes a suitable career
Week 14	Lesson 6: Healthy meals		Transition lesson: roles and responsibilities

RSHE overview –Oak Class – Year 6 – YEAR A & B (year 6)			
Week	Autumn	Spring	Summer
Week 1	Setting ground rules for RSHE - including hand of people we trust – 2 adults at school, 2 peers, 1 at home	Lesson 5: resilience toolbox	Lesson 3: caring for others
Week 2	Families and relationships: Lesson 1: Respect	Safety and the changing body Year 5 curriculum Lesson 3: Puberty	Lesson 4: prejudice and discrimination
Week 3	Lesson 2: Respectful relationships	Year 5 curriculum: Lesson 4: Menstruation	Lesson 5: valuing diversity
Week 4	Lesson 3: Stereotypes: attitudes	Lesson 4: physical and emotional changes in puberty	Identity: Lesson 1: what is identity?
Week 5	Lesson 4: Challenging stereotypes	Lesson 2: Critical digital consumers	Lesson 2: Identity and body image
Week 6	Lesson 5: Resolving conflict	Internet safety week inc.: Keeping safe online- recurring lesson Lesson 3: social media	Safety and the changing body Lesson 7: First aid: choking
Week 7	NSPCC recurring lesson: Pantasaurus Talk PANTS: Conversation to help keep children safe NSPCC		
Half term			
Week 8	Lesson 6: change and loss	NSPCC recurring lesson: Pantasaurus Talk PANTS: Conversation to help keep children safe NSPCC	Safety and the changing body Lesson 8: First Aid: Basic life support
Week 9	Links to anti-bullying week: Power for good Health and wellbeing: lesson 1: what can I be?	Lesson 5: conception (NB: parents have a right to withdraw their children from this lesson)	Economic wellbeing: Lesson 1: How do people navigate their feelings about money?
Week 10	Lesson 2: relaxation: mindfulness	Lesson 6: Pregnancy and birth (NB: parents have a right to withdraw their children from this lesson)	Lesson 3: What money responsibilities are there in high school?
Week 11	UK parliament week Citizenship: Lesson 6: national democracy	Citizenship: Lesson 1: human rights	Lesson 4; What re the risks of gambling?
Week 12	Lesson 3: taking responsibility for my health	Lesson 2: food choices and the environment	Lesson 5: What is a workplace?
Week 13	Lesson 4: The impact of technology on health		Lesson 6: What career routes are there?
Week 14	Lesson 6: Immunisation		Transition lesson: dealing with change

Alternative lesson: **Health and wellbeing:** lesson 7: good and bad habits, lesson 8: physical health concerns

NB : UK parliament week 24-30th Nov 25, Internet safety day 11 Feb 2026 – scams , anti bullying week : power for good 10-14 nov

[Anti-Bullying Week 2025: Power for Good](#)