



PSHE & RSHE Curriculum Model

2026-2027



# Mill Hill Primary School

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p><b>Families;</b> Types of families, common family life, showing love and care. <b>Safe Relationships;</b> Consent &amp; Privacy.</p>	<p><b>Respecting ourselves &amp; others;</b> Being kind and unkind, taking turns, being polite and respectful.</p>	<p><b>Belonging to communities;</b> Living things and environment. Digital resilience; Internet in everyday life, true/false internet, communicating with others.</p>	<p><b>Careers education;</b> everyone has different strengths/interests, people earn money from a job, different jobs that people do.</p>	<p><b>Physical health;</b> Being Healthy, foods and exercise, sun protection and feelings. Growing and changing; Unique, growing from young to old.</p>	<p><b>Keeping safe;</b> basic rules, age restrictions and trusted adult. Crossing road safely, water safety. First aid; who helps us, calling 999.</p>
Year 2	<p><b>Friends;</b> Good friendships, lonely, resolve arguments positively, Bullying and unkind behaviour.</p>	<p><b>Safe relationships;</b> Online safety, personal safety, trusted adults, resisting peer pressure, identity and belonging, respecting differences, teamwork, sharing opinions, and seeking help.</p>	<p><b>Belonging to communities;</b> roles and diversity, online communication, online kindness and protecting personal information.</p>	<p><b>Money and work;</b> Saving and spending money, needs and wants, looking after money, different jobs, skills and interests for work.</p>	<p><b>Physical &amp; Mental Health and Wellbeing;</b> Sleep, hygiene, medicines and safety, dental health, recognising and managing feelings, mental wellbeing, change and loss.</p>	<p><b>Me, My Body and Staying Safe;</b> Body awareness, growing up, transitions, everyday risks, home and road safety, and getting help from emergency services.</p>
Year 3	<p><b>Families;</b> Protection, care and love. Different family structures. <b>Safe relationships;</b> Consent, Boundaries.</p>	<p><b>Respecting ourselves &amp; others;</b> showing care and respect. Respecting differences, cultures and beliefs.</p>	<p><b>Belonging to communities;</b> Rules and laws, rights and responsibilities, human rights, and caring for others and the world around us.</p>	<p><b>Digital Resilience:</b> Internet use, online safety, privacy and data, misinformation, and AI awareness. <b>Money and Work:</b> Spending and saving, value for money, setting goals, and understanding careers.</p>	<p><b>Physical &amp; Mental Health;</b> Healthy lifestyles, balanced diet, physical activity, health choices, and understanding physical and mental wellbeing.</p>	<p><b>Growing and Changing:</b> Identity, individuality, strengths, self-worth, and managing setbacks. <b>Keeping Safe:</b> Risk awareness, home and fire safety, and staying safe in local areas, travel, and online.</p>
Year 4	<p><b>Families and Friendships:</b> Positive friendships, online relationships, loneliness and inclusion, bullying, and getting support.</p>	<p><b>Safe Relationships:</b> Confidentiality, peer pressure, personal safety, and seeking help. <b>Respecting Ourselves and Others:</b> Respectful behaviour, self-respect, online conduct, and celebrating similarities and differences.</p>	<p><b>Digital Resilience:</b> Misinformation, manipulated content, and understanding AI. <b>Risks, Rules and Wellbeing Online:</b> Age restrictions, online safety rules, screen time, and impact of online use on wellbeing.</p>	<p><b>Money and Work:</b> Ways to pay, saving and spending, value for money, priorities and choices, impact of spending, self-achievement and goals, and careers and influences on job choices.</p>	<p><b>Physical Health and Mental Wellbeing:</b> Healthy diet, exercise, illness awareness, medicines and vaccinations, oral hygiene, and healthy lifestyle choices. Identity, individuality, personal qualities, strengths and self-worth.</p>	<p><b>Keeping Safe:</b> Risks of legal and illegal drugs, laws around drug use, influences and media messages, support services, and first aid (asthma, choking, recovery position).</p>
Year 5	<p><b>Families and Friendships:</b> Healthy friendships, inclusion, peer influence, managing conflict, changing friendships, and seeking help in unsafe relationships.</p>	<p><b>Safe Relationships:</b> Physical contact, consent, and responding to unwanted contact. <b>Respecting Ourselves and Others:</b> Discrimination, diversity, respect, and listening to others.</p>	<p><b>Belonging to a Community:</b> Compassion, shared responsibility, caring for others, and protecting the environment through everyday choices. <b>Digital Resilience:</b> AI chatbots, online gaming risks, scams and financial harms, privacy settings,</p>	<p><b>Money and Work:</b> Saving and spending, value for money, financial choices, tracking money, careers, stereotypes in the workplace, and influences</p>	<p><b>Physical Health &amp; Mental Wellbeing:</b> Sleep, hygiene, medicines, drugs, sun safety, and seeking help. <b>Growing and Changing:</b> Puberty, body changes, reproduction, and hygiene.</p>	<p><b>Keeping Safe:</b> Risk assessment, first aid, emergency response and calling services, and awareness of FGM and how to get help.</p>
Year 6	<p><b>Families and Friendships:</b> Attraction and relationships, marriage and civil partnership, forced marriage awareness, and different committed relationship structures.</p>	<p><b>Safe Relationships:</b> Physical contact, consent, confidentiality, peer pressure, and seeking help. <b>Respecting Ourselves and Others:</b> Diversity, respectful communication, and discussing different viewpoints.</p>	<p><b>Belonging to a Community:</b> Diversity, stereotypes, prejudice, and respecting and challenging discrimination. <b>Digital Resilience:</b> Online/offline communication, respectful online behaviour, peer pressure, online safety risks, sharing information, and getting help/reporting concerns.</p>	<p><b>Money and Work:</b> Money safety and fraud, gambling risks, money and emotions, career choices and stereotypes, job skills, routes into careers, and future aspirations.</p>	<p><b>Physical Health and Mental Wellbeing:</b> Mental health awareness, managing feelings, wellbeing strategies, grief and change, online balance, and seeking support. <b>Growing and Changing:</b> Reproduction and birth, growing independence, puberty support, and managing transitions.</p>	<p><b>Keeping Safe:</b> Online safety and privacy, age restrictions, medicines and household safety, drug awareness, and support services. <b>First Aid:</b> Basic first aid awareness and practical training.</p>

