

Tow Law Millennium Primary School RSHE/PSHE Long Term curriculum – beginning September 2026

Repeats every year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	ELG - Self-regulation My feelings	ELG - Building relationships Special relationships	ELG - Managing self Taking on challenges	ELG - Self-regulation Listening and following instructions	ELG - Building relationships My family and friends	ELG - Managing self My wellbeing

CYCLE A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 3 – Year 1 and 2	Connecting with others How can I help myself and others feel happy and safe?	The online world How do we spend time online?	Health protection How can I protect myself and others in daily life?	Staying safe How do I know when something is safe?	Connecting with others How can I build safe, kind and caring relationships with others?	The online world How are things shared online?
Class 2 – Year 3 and 4	Connecting with others What helps us feel safe and included?	The online world How should we treat each other 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 I evaluate what I see online?
Class 1 – Year 5 and 6	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?	The online world How do I feel about being online?	Y5 only - First aid How can I stay safe as I grow up? Y6 only - Sex education How do people become parents and carers?

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CYCLE B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 3 – Year 1 and 2	My healthy self How can we look after our feelings?	Citizenship How can I help others and the environment?	Citizenship How do people belong to a community and earn money?	My healthy self How can we look after our bodies?	Growing up How can we look after and respect our bodies as we grow?	Staying safe How can I make safe choices in different places?
Class 2 – Year 3 and 4	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 my money wisely?	Growing up How will my body and emotions change as I grow up?
Class 1 – Year 5 and 6	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?	Growing up How can I manage the changes to my body and emotions as I grow up?	My healthy self How do my choices today shape my future wellbeing?	Citizenship How can we protect everyone's rights?	Y5 only - First aid How can I stay safe as I grow up? Y6 only - Sex education How do people become parents and carers?