

PSHE and RSHE Curriculum Map

At the South Hams Federation, we have chosen The PSHE Association planning to underpin the teaching and learning of PSHE and RHE.

This is the PSHE Curriculum map 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.

Statutory RSHE	Statutory RSHE	Economic Wellbeing and Carers	Economic Wellbeing and Carers
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	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 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 5	Friendships, stereotypes and bullying	Mental Health and Wellbeing	Positively engaging with our world	Respecting boundaries	Safe connections online	Embedding healthy habits and learning first aid
Year 6	Mental health and wellbeing	Managing money and online spending	Changes in puberty (and sex education)	Drug education: assessing risk and managing influences	Developing our AI literacy	Looking to the future