

St Peter's Catholic Primary School Yearly Planner Year 2026 - 2027

Subject - PSHE

	PreSchool	F1	F2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Managing transitions, for example from parents to their key worker. Notice and ask questions about differences.	I can do it!- Gaining independence Managing feeling and emotions Self-regulation	Relationships - how to be a good friend and how adults can help me.	Relationships - how to be an ally, identifying bullying and using safe hands.	Relationships - importance of relationships, similarities and differences.	Relationships - identifying bullying, talking about how to treat people and what to do when friendships go wrong.	Relationships - healthy friendships, discrimination and diversity, peer influences and how we can be good role models.	Relationships - personal boundaries, online friendships, grooming, peer pressure and media influences.	Relationships - preparing for secondary relationships, allies against racism, challenging sexism, relationships with authority.
Autumn 2	Express preferences and decisions. They also try new things and start establishing autonomy. Feel strong enough to express a range of emotions.	Making friends Think Equal Internal and external visits/ visitors.	Keeping safe - in school, at home and when playing.	Keeping Safe - how to keep safe in new places, identifying trusted adults and what is private information.	Keeping safe - keeping safe online, medicines, fire safety and private body parts.	Keeping safe - what are the emergency services, when to break secrets and sharing my worries.	Keeping safe - how to keep safe in my local area, keeping safe on the roads, hazards in the home, first aid.	Keeping safe - using phones sensibly, deep fakes, money risks, drugs.	Keeping safe - bonfire night safety, antisocial behaviour online, addiction, spiking, age restrictions on media.
Spring 1	Thrive as they develop self-assurance. Develop friendships with other children.	Healthy me- healthy bodies and teeth Managing feeling and emotions Self-regulation Secure friendships Think Equal	Understanding the law - learning about rules, consequences and the role of the police.	Understanding the law - learning about the importance of rules, the role of the police and what can happen when rules are broken.	Understanding the law - difference between needs and wants, different jobs, money and age limitations.	Understanding the law - what the law is and why we have it, children's rights and how to be a responsible citizen.	Understanding the law - protected characteristics, hate crime, respecting my environment.	Understanding the law - using the internet safely, gambling and how rules help our community.	Understanding the law - different types of crime, legal drugs, marriage, weapons, theft, antisocial behaviour.
Spring 2	Feel confident when taken out around the local neighbourhood and enjoy exploring new places with their keyworker.	Relate Think Equal	RSE - Module 1 - Created and Loved by God - Unit 1/2	RSE - Module 1 - Created and Loved by God - Unit 3/4	RSE - Module 3 - Created to live in community.	RSE Module 1 - Created and Loved by God.	RSE Module 3 - Created to live in community.	RSE Module 1 - Created and Loved by God - Unit 1 and 2	RSE Module 1 - Created and Loved by God - Unit 3 and 4.

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	Grow in independence.								
Summer 1	Begin to show 'effortful control'.	Making healthy food choices	RSE - Module 2 - Created to Love Others.	RSE - Module 2 - Created to Love others.	Passport lessons	RSE Module 2 - Created to Love others.		RSE Module 2 - Created to Love Others.	RSE Module 3 - Created to live in the community.
Summer 2	Safely explore emotions beyond their normal range through play and stories. Be increasingly able to talk about their emotions. Talk about their own feelings in more elaborated ways.	Managing feeling and emotions Self-regulation Simple goals Think Equal	Well-being - how to be a germ buster, how food and exercise can help me. RSE - Module 3 - Created to live in the community.	Well-being - considering what makes us special, how to share feelings and how to be an empathy expert.	Well-being - dealing with change, looking after my body, the importance of sleep and being healthy.	Well-being - identifying strengths, feelings and how vaccinations can support our health.	Well-being - making healthy choices, healthy habits, being a hygiene hero. Transition activities.	Well-being - how drugs and alcohol can make people feel, how puberty might impact me, how activity levels can impact how I feel.	Well-being - managing moving to high school, seeking support for mental health, what adulthood looks like, grief.