



Happy, Healthy and Fulfilled
Easington C of E Primary School
PSHE/RSE – Long Term Overview



2025-26		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Concept	ELG: Building Relationships		ELG: Self-Regulation		ELG: Managing Self	Diversity and Equality Education
	Key Question	Who is special to me?	How can I be a good friend?	How do you feel today?	Why is listening important?	How can I look after myself?	People Around Us
	Lessons and Resources	Special Relationships (Kapow)	My Family and friends (Kapow)	My Feelings (Kapow)	Listening and Following instructions (Kapow)	My Wellbeing (Kapow)	No Outsiders
Year 1	Concept	Relationships and Sex Education	Mental and Emotional Well-being Safety and Consent	Healthy Lifestyles	Safety and Consent	Economic Wellbeing, Careers and Aspirations	Diversity and Equality Education
	Key Question	Why are friends and family important?	What are BIG feelings?	What helps us stay healthy?	What helps us stay safe?	What jobs do people do?	Proud to be Me
	Lessons and Resources	Families (PSHEA) Learning/Playing Together (PSHEA) Friendship and Bullying (PSHEA)	Foundations for Well-being (PSHEA) Safety (Kapow)	Health (Kapow) Dental Health (PSHEA) Sleep (PSHEA)	Sun Safety (PSHEA) Environment (PSHEA) Road and Rail Safety (PSHEA)	Economic Well-being (Kapow)	No Outsiders
Year 2	Concept	Relationships and Sex Education	Mental and Emotional Well-being	Healthy Lifestyles Safety and Consent	Safety and Consent	Economic Wellbeing, Careers and Aspirations	Diversity and Equality Education
	Key Question	What is the same and different about us?	How can we respond to our feelings?	How do we keep healthy as we grow?	What keeps us safe?	What can we do with money?	Being Different
	Lessons and Resources	Embracing Change (PSHEA) Changing and Growing Up (PSHEA) Belonging and Community (PSHEA) Personal Identity (PSHEA)	Foundations for Well-being (PSHEA) Change, Loss and Grief (PSHEA)	Health (PSHEA) Drugs (PSHEA) Keeping Safe at Home (PSHEA)	Safety (Kapow)	Economic Well-being (Kapow)	No Outsiders

	Relationships and Sex Education		Mental and Emotional Well-being		Healthy Lifestyles		Safety and Consent		Careers, Aspirations and Economic Wellbeing		Citizenship		Diversity and Equality Education
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2025-26		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3/4	Concept	Relationships and Sex Education	Mental and Emotional Well-being	Healthy Lifestyles	Safety and Consent	Economic Wellbeing, Careers and Aspirations	Diversity and Equality Education
	Key Question	How do we treat each other with respect?	How can we recognise our emotions?	Why should we eat well and look after our teeth?	What can we do to stay safe wherever we are?	What jobs would we like?	Discrimination and Difference
	Lessons and Resources	Families (PSHEA) Changing and Growing Up (PSHEA) Friendship and Bullying (PSHEA)	Foundations for Well-being (PSHEA) Belonging and Community (PSHEA) Change, Loss and Grief (PSHEA)	Dental Health (PSHEA) Health (PSHEA) Drugs (PSHEA)	Water Safety (PSHEA) Sun Safety (PSHEA) Road and Rail Safety (PSHEA)	Careers (Kapow)	No Outsiders
Year 4/5	Concept	Relationships and Sex Education	Safety and Consent Mental and Emotional Well-being	Healthy Lifestyles	Safety and Consent	Economic Wellbeing, Careers and Aspirations	Diversity and Equality Education
	Key Question	How do our bodies change as we grow?	How can we manage our emotions?	How can we manage risk in different places?	How can we help in an accident or emergency?	What decisions can people make with money?	Acceptance
	Lessons and Resources	Changing and Growing Up (PSHEA) Friendship and Bullying (PSHEA) Belonging and Community (PSHEA)	Fireworks Safety (PSHEA) Foundations for Well-being (PSHEA)	Drugs (PSHEA) Gambling (PSHEA) Sleep (PSHEA)	Keeping Safe at Home (PSHEA) First Aid (Kapow)	Money and Well-being (PSHEA) Money (Kapow)	No Outsiders
Year 6	Concept	Relationships and Sex Education	Mental and Emotional Well-being	Citizenship	Safety and Consent	Economic Wellbeing, Careers and Aspirations	Diversity and Equality Education
	Key Question	How do relationships change as we grow?	How can we regulate our emotions?	How can our choices make a difference to others	What is consent?	How can we protect our financial wellbeing?	Promoting Diversity
	Lessons and Resources	Personal Identity (PSHEA) Changing and Growing Up (PSHEA) Committed Relationships and Family Life (PSHEA)	Change, Loss and Grief (PSHEA) Foundations for Well-being (PSHEA) Belonging and Community (PSHEA)	Citizenship (Kapow)	Consent (PSHEA) Keeping Safe: FGM (PSHEA)	Money and Well-being (PSHEA) Online Financial Harm (PSHEA) Embracing Change (PSHEA)	No Outsiders

	Relationships and Sex Education		Mental and Emotional Well-being		Healthy Lifestyles		Safety and Consent		Careers, Aspirations and Economic Wellbeing		Citizenship		Diversity and Equality Education
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