



St. Wilfrid's CE Primary Academy Curriculum Overview 2025-2026



PSHE and RSE

| Year | Autumn Term | | Spring Term | | Summer Term | |
|------------------|--|--|--|---|--|--|
| All Year Groups: | Children are taught to develop the knowledge, skills and attributes they need to keep themselves healthy and safe and prepare for life and work in modern Britain. | | | | | |
| 1 | Being Me and Building Friendships | Keeping Safe and Being Kind: Understanding Myself and Others | Understanding Ourselves, Our Families, and Our Feelings | Taking Care of Me: Staying Healthy and Safe | Using the Internet Safely and Respectfully | Everyday Choices: Caring, Money, and Staying Safe Online |
| 2 | Being Me and Building Friendships | Keeping Safe and Being Kind: Understanding Myself and Others | Understanding Ourselves, Our Families, and Our Feelings | Taking Care of Me: Staying Healthy and Safe | Using the Internet Safely and Respectfully | Everyday Choices: Caring, Money, and Staying Safe Online |
| 3 | Relationships: Families, Friends, and Feeling Safe | Staying Healthy and Happy | Rights, Responsibilities, and Caring for Our World | Keeping Safe and Respecting Privacy: Staying Safe Online and Offline | Healthy Minds, Happy Hearts | Growing My Future: Learning About Me and My Dreams |
| 4 | Friendships and Belonging: Building Positive Relationships In-Person and Online | Staying Safe and Healthy | My Body, My Choice: Understanding Boundaries and Respect | Careers without Limits: Exploring Choices and Challenging Stereotypes | Looking After Our Feelings and Wellbeing | Money Matters: Making Smart Choices |
| 5 | Friendships - How to Make Them, Keep Them, and Stay Safe | Discovering Me-Identity, Strengths, and Growth | Understanding Bullying, Keeping Safe, and Standing Up for Others | Using the Internet and Social Media Safely and Smartly | Staying Safe with Medicines and Everyday Drugs | Making Money Choices -Spending, Saving and Staying Safe |
| 6 | Love, Commitment, and Family Diversity | Understanding Puberty and Growing Up | Respecting Others, Respecting Ourselves | Celebrating Our Community-Respecting Differences and Working Together | Respecting Everyone-Challenging Stereotypes and Discrimination | Safety First- Smart Choices Everywhere |