

**ROBERT BLAIR PRIMARY SCHOOL**  
**PSHE Overview: Autumn 2025 – Summer 2026**



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer
<b>YEAR R</b>	Who Helps You?  (Who we are, what we like, starting school, staying safe, making friends)	Once Upon A Story  (Special times and celebrations, different people cultures celebrate different occasions)	How Does Your Garden Grow?  (Growth, life cycles, what living things need to survive, looking after and caring for living things)	Minibeasts and Megabeasts  (Being brave, solving problems)	Adventures Near and Far!  (Staying safe, working as a team, being adventurous)	All Around The World  (different cultures, homes, foods, families from around the world)
<b>YEAR 1</b>	Physical health and wellbeing Fun times	Keeping safe and managing risk Feeling safe	Identity, society and equality Me and others	Drug, alcohol and tobacco education What do we put into and on to bodies?	Mental health and emotional wellbeing Feelings	Careers, financial capability and economic wellbeing My money
<b>YEAR 2</b>	Physical health and wellbeing What keeps me healthy?	Mental health and emotional wellbeing Friendship	Relationships and health education Boys and girls, families	Relationships and health education Boys and girls, families	Keeping safe and managing risk Indoors and outdoors	Drug, alcohol and tobacco education Medicines and me
<b>YEAR 3</b>	Drug, alcohol and tobacco education Tobacco is a drug	Bullying – see it, say it, stop it	Mental health and emotional wellbeing Strengths and challenges	Identity, society and equality Celebrating difference	Careers, financial capability and economic wellbeing Saving, spending and budgeting	Physical health and wellbeing What helps me choose?
<b>YEAR 4</b>	Identity, society and equality Democracy	Drug, alcohol and tobacco education Making choices	Physical health and wellbeing What is important to me?	Keeping safe and managing risk Playing safe	Relationships and health education Growing up and changing	Relationships and health education Growing up and changing
<b>YEAR 5</b>	Physical health and wellbeing In the media	Identity, society and equality Stereotypes, discrimination and prejudice (including tackling homophobia)	Keeping safe and managing risk When things go wrong	Mental health and emotional wellbeing Dealing with feelings	Drug, alcohol and tobacco education Different influences	Careers, financial capability and economic wellbeing Borrowing and earning money
<b>YEAR 6</b>	Drug, alcohol and tobacco education Weighing up risk	Relationships and health education Healthy relationships	Relationships and health education Healthy relationships	Identity, society and equality Human rights	Mental health and emotional wellbeing Healthy minds	Keeping safe and managing risk Keeping safe - out and about FGM