

2025/26	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Focus days in this half term	October – Black History Month 10 th October – World Mental Health Day 17 th October – Red Card Day	10 th – 14 th November – Anti-bullying week (odd socks day) 14 th November – BBC Children In Need	9 th – 15 th February – Children’s Mental Health Week 11 th February – Safer Internet Day	6 th – 15 th March – Science Week 15 th March – Comic Relief 2 nd April – Autism Awareness Day	1 st – 31 st May Mental Health Awareness Month	Internet Safety Water Safety First Aid lesson 1 and 2
EYFS	PSHE covered through Personal, Social and Emotional Development (PSED) strand of EYFS					Internet Safety – Exploring screen time Water Safety Transition
Year 1	PSHE Friendships	PSHE Belonging	PSHE My wider world	RHE Growing and caring for ourselves	RHE Medicine and people who help us	Internet Safety – Self-image and identity Water Safety Transition
Year 2	PSHE All about me	PSHE Resilience and coping	PSHE Being the best me I can be	RHE Differences	RHE Keeping safe	Internet Safety – Health, wellbeing and lifestyle Water Safety Transition
Year 3	PSHE Friendships	PSHE Belonging	PSHE My wider world	RHE Valuing difference	RHE Smoking	Internet Safety –Online relationships Water Safety First Aid – lesson 1 and 2 Transition
Year 4	PSHE All about me	PSHE Resilience and coping	PSHE Being the best me I can be	RHE Growing up	RHE Alcohol	Internet Safety – Online Bullying Water Safety

						First Aid – lesson 1 and 2 Transition
Year 5	PSHE Friendships	PSHE Belonging	PSHE My wider world	RHE Puberty First aid workshop	RHE Legal and illegal drugs Respect and Equality	Internet Safety – Managing online information Water Safety First Aid – lesson 2 Transition
Year 6	PSHE All about me Loudmouth	PSHE Resilience and coping	PSHE Being the best me I can be	RHE Puberty, relationships and reproduction	RHE Preventing early use. Respect and Equality	Internet Safety – Online reputation Water Safety First Aid – lesson 1 and 2 Transition