



Bishop Wilkinson
Catholic Education Trust



PSHE Curriculum Model

2026-2027

Curriculum Rationale

At St Benet's Catholic Primary School, we recognise that Personal, Social, Health and Economic Education (PSHE) and Relationships, Sex and Health Education (RSHE) are central to our mission of developing happy, healthy, confident and responsible young people. Our curriculum is designed to equip pupils with the knowledge, skills, understanding and values they need to flourish in school, within their families and communities, and as active citizens in modern Britain. It supports our Catholic ethos by promoting human dignity, respect, compassion, responsibility and the value of positive relationships.

PSHE and RSHE are essential components of safeguarding and wellbeing. Through a carefully sequenced, age-appropriate curriculum, pupils learn how to build and maintain healthy relationships, recognise and manage risks, understand and regulate their emotions, make informed choices, and know where to seek help when needed. The curriculum reflects the statutory requirements of the Department for Education's *Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance* (September 2026)

Our curriculum is rooted in the belief that children should be prepared not only for the opportunities of life, but also for the challenges they may encounter in an increasingly complex and digital world. It therefore develops pupils' understanding of relationships, physical and mental health, personal safety, emotional wellbeing, economic wellbeing and online life. Particular emphasis is placed on safeguarding, resilience, critical thinking and respect for self and others.

By the end of primary school, pupils at St Benet's will have been taught about:

Relationships Education

- The characteristics of healthy, positive and respectful friendships.
- Family life and the importance of stable, caring relationships.
- The fact that families may be structured in different ways and all can provide love, care and security.
- Respect, kindness, honesty, trust and empathy in relationships.
- The importance of valuing and respecting others.
- Managing conflict and repairing relationships.
- Personal boundaries, privacy and personal space.
- Understanding appropriate and inappropriate physical contact.
- Recognising unsafe situations and knowing how to seek help from trusted adults.

- The principles of respectful behaviour both offline and online

Health and Wellbeing

- Mental wellbeing and emotional literacy.
- Recognising, understanding and managing a range of emotions.
- Building resilience, self-esteem and confidence.
- The connection between physical and mental health.
- Healthy lifestyles, including nutrition, sleep, physical activity and hygiene.
- The benefits of exercise and active lifestyles.
- The importance of oral health.
- Managing change, transition, loss and bereavement.
- Basic first aid awareness and keeping safe in everyday situations.

Growing and Changing

- Human growth and development.
- Physical and emotional changes associated with puberty.
- The correct scientific names for body parts, including external genitalia.
- Personal hygiene and self-care.
- Understanding and respecting differences in development and maturity.

Personal Safety

- How to identify and respond to situations that may be unsafe.
- The concept of consent through understanding boundaries, permission-seeking and respect for others.
- Road, rail and water safety.
- Fire safety and recognising everyday risks.
- Safe use of medicines and household substances.
- Strategies for seeking support and reporting concerns.

Online Safety and Digital Wellbeing

- Safe and responsible use of the internet and digital technology.
- Protecting personal information and understanding privacy settings.
- Understanding how information, images and data are shared online.
- Recognising scams, fraud and online financial risks.
- Understanding age restrictions and why they are applied.
- Developing critical thinking when engaging with online content.
- Recognising harmful, misleading or inappropriate online material.
- Knowing how and when to seek help for online concerns.

Economic Wellbeing and Citizenship

- Understanding money and financial decision-making.
- Recognising the value of work and aspiration.
- Developing responsibility and independence.
- Understanding rights, responsibilities and contributions within communities.
- Appreciating diversity and promoting inclusion and mutual respect.

Through this curriculum, pupils progressively develop the knowledge, vocabulary, skills and dispositions required to build healthy relationships, safeguard their wellbeing, contribute positively to society and live out the values that underpin life at St Benet's. Our ambition is that every child leaves primary school equipped with the confidence, understanding and moral foundation necessary to navigate the next stage of their education and the wider world safely, successfully and with compassion.

We use a combination of materials and resources from the PSHE Association and [Ten Ten: Life to the Full](#) programmes to deliver this curriculum.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme	Friendships	Mental Health and Wellbeing	Families and Developing Bodies	Lifestyle choices/ Online safety	Staying Safe	Preparing for our future
British Value	Democracy	Tolerance of Other Faiths	Mutual Respect	Individual Liberty	Rule of Law	Combination of all British Values
Nursery	Making relationships, Sense of Self, Understanding emotions	Making relationships, Sense of Self, Understanding emotions	Making relationships, Sense of Self, Understanding emotions	Making relationships, Sense of Self, Understanding emotions	Making relationships, Sense of Self, Understanding emotions	Making relationships, Sense of Self, Understanding emotions
Reception	Building and maintaining relationships, Developing confidence and resilience, Managing emotions Personal Relationships	Building and maintaining relationships, Developing confidence and resilience, Managing emotions Emotional Well-being Life Cycles	Building and maintaining relationships, Developing confidence and resilience, Managing emotions Me, my body, my health	Building and maintaining relationships, Developing confidence and resilience, Managing emotions Life Online	Building and maintaining relationships, Developing confidence and resilience, Managing emotions Keeping Safe	Building and maintaining relationships, Developing confidence and resilience, Managing emotions Living in the Wider World
Year 1	Making friends: playing and learning together	Mental health and wellbeing	Celebrating me, you and our families	Being Healthy	Safety at home	Looking back and moving on
Year 2	Making friends: playing and learning together – Y1 unit	Mental health and wellbeing	Me, my body and staying safe	Keeping safe online	Keeping safe outside the home	Money and work
Year 3	Me, my friends and belonging	Mental health and wellbeing	Building Healthy Habits	Making choices online	Keeping safe out and about	Looking out for each other

Year 4	Forming respectful relationships	Mental health and wellbeing	Me, my body, my health	Life Online/ Keeping Safe	Exploring ways to manage risk	Money matters and news literacy
Year 5	Friendships, stereotypes and bullying	Mental health and wellbeing	Respecting Boundaries/ Emotional Well-being	Positively engaging with our world	Safe Connections online	Embedding healthy habits and learning first aid
Year 6	Friendships, stereotypes and bullying -Y5 unit	Mental health and wellbeing	Me, my body, my health and Life Cycles	Drug education: assessing risk and managing influences	Developing our AI literacy	Managing money and online spending/ looking to the future