



PSHE, including RSHE Curriculum Map for Brighton & Hove Primary Schools 2026

This curriculum map is based on the DfE statutory guidance for Primary Relationships and Health Education and the PSHE Association Programme of Study and supports schools to meet the duties in the Equality 2010 on promoting equality and challenging prejudice. The map outlines how you can cover the KS1 & KS2 learning outcomes and is grouped into topics some of which fit with SEAL (Social Emotional Aspects of Learning) themes.

The B&H PSHE lesson for EYFS meet learning outcomes from the statutory Framework for the Early Years Foundation Stage: Personal, Social and emotional Development and the Development Matters Curriculum.

The number of lessons needed to cover topics is based on one PSHE lesson per week. Where there are B&H PSHE Team resources provided for Brighton & Hove schools this is indicated on the map and these can be downloaded from BEEM <https://www.beem.org.uk/>

The order of PSHE topics has been planned around key events of the school year, for example new starts, Anti-Bullying and Equality Calendar events such as Anti-bullying week, Black History, Gypsy Roma Traveller and LGBT History months.

Some sensitive topics, such as Loss and RSHE are placed towards the end of a year when class relationships are more established. Schools may want to change the order of some topics to make the PSHE Curriculum bespoke to their school context. It may also be helpful to consider where the PSHE learning outcomes could be taught alongside related RE, science, DT (food), PE, geography, history & ICT(Online safety) as detailed in the DfE Statutory Guidance.

Click here [for DfE Statutory Guidance](#)

Click here for [PSHE Association Programme of Study](#)

Click here for [SEAL](#) resources

For further support with developing your school's PSHE curriculum please email pshe@brighton-hove.gov.uk.

All learning outcomes references for the PSHE topics are from the PSHE Association Programme of Study, which is organised into 3 core themes:

Core Theme 1: Health and wellbeing (H)

Core Theme 2: Relationships (R)

Core Theme 3: Living in the Wider World (L)

The PSHE topics with a **green background** are resources by lessons provided by the B&H PSHE team and are all available on BEEM.

EYFS at West Blatchington follow a curriculum in line with other Pioneer schools and use Brighton and Hove resources where appropriate.

Year group	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Rec	Express their feelings and consider the feelings of others	Form positive relationships with adults and peers	Understands that expectations vary depending on different events, social situations and changes in routine	Think about the perspectives of others including challenges how they thought about a problem or an emotion and how they dealt with it	Identify and moderate their own feelings socially and emotionally	Show resilience and perseverance in the face of challenge
	Myself and my relationships 1 BBF Beginning and belonging	Citizenship 1 IDF Identities and diversity	Citizenship 2 MWF Me and my world	Myself and my relationships 3 ME F My emotions	Healthy and safer lifestyles 3 HL F Healthy lifestyles	Healthy and safer lifestyles 1 BG F My body and growing up

Year group	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Year 1	New beginnings: Setting up a new learning community: Class charter; learning to learn etc.	Getting on and falling out What makes a good friend, why being honest is important and exploring feelings of rejection and learning how to cope with a <i>no</i> Anti Bullying week: Exploring definitions of bullying and safely getting help and the current National Anti – Bullying week theme	Going for Goals Reviewing and setting learning targets – individual and community	Good to be me Focus on Identity and belonging – what makes me, me; beginning to understand why we have the skin we are in and learning how to talk about skin tones with kindness and respect	Friendships Explore feelings of envy and coping strategies; explore ways to feel better when you feel hurt without hurting others.	Changes/transition Human timelines, natural changes and changes we can make ourselves. Identifying and managing feelings about transition into a new year group
	Citizenship: Growing class community; making a difference in our school community and exploring British (Human) Values					
	Mental Health & Wellbeing Exploring what makes your mind and body feel good; kindness and how it makes us and others feel Online well-being Balancing screen time	Environmental safety & Drugs Education 'Keeping Healthy & safe' Exploring concepts of balanced choices with a focus on teeth; learning about medicines and staying safe and what to do help us feel better and getting help if we need to	Gender Equality Education Exploring and challenging gender stereotypes with a focus on toys; introducing the idea that there are many ways to be a boy or a girl	Gypsy Roma traveller education 'Kushti Atchin Tan' Exploring similarities and differences and what we have in common; learning about the lives and homes of Traveller children in the UK today; making paintings inspired by artist Gabi Jimenez and reflecting on ways to make sure everyone feels welcome	Protective Behaviours - 'Feeling Good Feeling Safe' Introducing children's rights; exploring who, where and what makes you feel safe; introducing the safety scale and the concept of fun to feel scared; growing our understanding of safe touch, the pants rule and being the boss of your body and staying safe; introducing safe and unsafe secrets and getting help	Relationships Education Growing positive body image; understanding why all animals including humans, have male and female body parts; increasing confidence in labelling and naming personal and private parts of the body; growing skills in making happy and caring friendships and knowing where to get help.

Year group	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Year 2	New beginnings Setting up a new learning community: Class charter; learning to learn etc. Citizenship: Growing class community; making a difference in our school community and exploring British(Human) Values	Getting on and falling out Growing healthy friendship skills and exploring feelings of rejection and learning how to cope with 'no' Anti -bullying week: Exploring definitions of bullying and safely getting help and the current National Anti – Bullying week theme	Going for Goals Reviewing and setting learning targets – individual and community	Good to be me Focus on Identity and belonging – exploring our uniqueness and feeling good to be me; exploring what is the same and different about our families and the ways families celebrate	Loss and Bereavement Explore love and feeling cared for; and exploring loss and coping strategies with a focus on pets	Changes /transition Understanding what a habit is and how to change them. Identifying and managing feelings about transition into a new year group
	Mental Health & Wellbeing Identifying body clues to how we are feeling; what makes our mind and body feel good; Importance of sleep and strategies for better bedtimes; exploring worries and coping strategies Online wellbeing being kind online, including safely standing up to unkindness online	Environmental safety & Drugs Education 'Keeping healthy and Safe' Exploring ways to keep our minds and bodies healthy; growing relaxation skills; growing understanding of medicines for staying well and getting better; identifying risks and hazards at home and in school and staying safe Balanced Diet (taught through science, PE & DT)	Gender Equality education Exploring and challenging gender stereotypes with a focus on careers	Disability Equality Education- 'Nothing About Me Without Me' Reflecting on how we are similar and different; what makes us, us and unique; being a disabled child in the UK today; growing skills in how to ask friendly and caring questions and thinking about how to make sure everyone can join in and feel welcome	Protective Behaviours - 'Feeling Good Feeling Safe' Introducing children's rights; exploring who, where and what makes you feel safe; introducing the safety scale and the concept of fun to feel scared; growing our understanding of safe touch, the pants rule and being the boss of your body and staying safe; introducing safe and unsafe secrets and getting help	Relationships Education Growing positive body image; understanding why all animals including humans, have male and female body parts; increasing confidence in labelling and naming personal and private parts of the body; growing skills in making happy and caring friendships and knowing where to get help.

Year group	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Year 3	New beginnings Setting up a new learning community: Class charter; learning to learn etc.	Getting on and falling out Explore healthy friendships; manage friendship ups and downs and learn about agency in friendship and explore feelings of rejection and learn how to cope with a no Anti bullying week: Exploring definitions of bullying and safely being an upstander and the current National Anti – Bullying week theme	Good to be me Focus on exploring and feeling good about our identity and individual uniqueness; growing an understanding of appearance and skin tone and growing a positive language to describe ourselves	Global Citizenship Growing an Anti – racist school Exploring our similarities and differences and learning what we have in common; understanding our cultural heritage with a focus on family food and making sure everyone feels welcome	Friendships Exploring how healthy friendships have ups and downs and how to grow skills in boosting friendship ups and manage friendship downs	Changes/Transition Different types of changes, coping with difficult feelings about changes. Identifying and managing feelings about transition into a new year group. Reflecting on learning targets.
	Citizenship: Growing class community; making a difference in our school community and exploring British (Human) Values					
	Mental Health & Wellbeing Exploring concepts of MH&WB; 5 ways to well-being with a focus on gratitude and growing skills in resilience Online wellbeing: The pros and cons of online friends. Keeping online games safe and friendly.	Poverty Proofing Lessons Exploring the difference between wants and needs. What is poverty? How can we poverty proof our class community?	Gender Equality Education Exploring and challenging gender stereotyping and growing an understanding of the many ways to be a boy or a girl	Drugs & Alcohol Education 'Keeping Healthy & safe' Exploring how everyday healthy choices impact our health; clarifying concepts of drug and medicine; effects and risks of everyday drugs and medicines; identifying risks, staying safe and getting help Balanced Diet (taught through science, PE & DT)	Protective Behaviours 'Feeling Good Feeling Safe' Exploring and identifying different feelings; strategies to manage our feelings; exploring feelings connected with feeling safe; growing an understanding of the safety scale and the concept of risking on purpose; exploring safe and unsafe touch and growing skills in managing unsafe touch and knowing who to get help from.	Relationships and Sex Education including Family Diversity Sorting, naming and identifying personal and private body parts; growing strategies to feel good about ourselves and build self-esteem; build understanding of family diversity; identifying healthy and unhealthy aspects of friendship and knowing where to get help

Year group	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Year 4	New beginnings Setting up a new learning community: Class charter; learning to learn etc.	Getting on and falling out Regulating and managing feelings of anger and exploring forgiveness; exploring feelings of rejection and learning how to cope with a no	Good to be me Identity and belonging – what makes you, you and celebrating family heritage	Global Citizenship Growing an Anti – racist school Identity and belonging –exploring our similarities and differences and commonalities with a focus on hair, food and answering the question ‘where are we from?’	Loss and Bereavement Exploring the concepts of loss and bereavement and learning about a range of coping strategies.	Changes /transition Coping with changes both chosen and part of school routines. Identifying and managing feelings about transition into a new year group. Reflecting on learning targets.
	Citizenship: Growing class community; making a difference in our school community and exploring British (Human) Values Global Citizenship Refugee equality education	Anti bullying week Exploring definitions of bullying and safely being an upstander and the current National Anti – Bullying week theme				
	Mental Health & Wellbeing Exploring concepts of MH&WB, big feelings and when to get help; 5 ways to well-being with a focus on ‘Notice’, including meditation and mindfulness Online wellbeing: personal vs. private information and online pressure	Money Management (taught as part of maths)	Disability Equality Education ‘Nothing About Me Without Me’ Exploring life for disabled children in the UK today and how we can make our class community a place of welcome and belonging	Drugs &Alcohol Education ‘Keeping Healthy & safe’ Healthy and unhealthy daily choices; tobacco and the effects and risks of smoking; peer pressure and safely saying no; first aid skills and calling for help	Protective Behaviours -‘Feeling Good Feeling Safe’ Exploring children’s rights; how, where and with who we feel safe; identifying early warning signs and strategies for managing when we feel unsafe including online and networks of support	Relationship & Sex Education Growing and changing; growing and changing at puberty; puberty and feelings; healthy friendship skills and problem -solving and how human babies and families begin and knowing where to get help
		Online Safety (taught through Computing)		Balanced Diet (taught through science, PE & DT)		

Year group	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Year 5	New beginnings Setting up a new learning community: Class charter; learning to learn etc.	Getting on and falling out Exploring social circles and levels of friendship and exploring feelings of rejection and learning how to cope with a <i>no</i>	Good to be me Focus on Identity and belonging – consolidating skills in expression and descriptions of identity that include skin tone; growing skills in being an upstander and supporting each other	Global Citizenship ‘Growing an Anti – racist school’ Exploring racial and faith-based stereotypes, why they exist and how they affect people.	Gypsy Roma traveller education ‘Kushti Atchin Tan’ Exploring on What do we have in common; learning about the experiences of the UK Gypsy Roma Traveller community today and in the past; trying out some art inspired by Gypsy Roma Traveller artists and reflecting on how we welcome new members of our class community	Changes/transition Common responses to change, feeling insecure and unconfident, recognising our ‘sore spots’ Identifying and managing feelings about transition into a new year group. Reflecting on learning targets.
	Citizenship: Growing class community; making a difference in our school community and exploring British (Human) Values	Anti bullying week: Exploring definitions of bullying and safely being an upstander and the current National Anti – Bullying week theme				
	Mental Health & Wellbeing Exploring concepts of MH&WB, the ups and downs of mental health; sleep and bedtime routines; 5 ways to well-being with a focus on being active Online well-being: age ratings, online spending and balancing screen time	Money Management (taught as part of maths) Online Safety (taught through Computing)	Gender Equality Education ‘Like A Child’ Exploring and challenging gender stereotypes; consolidating understanding that there are many ways to be a boy or girl and growing strategies to safely challenge gender prejudices	Drugs & Alcohol Education ‘Keeping Healthy & safe’ Exploring the impact of and barriers to everyday healthy choices; alcohol, risks and effects; critical thinking and media and adverts and alcohol; staying safe and managing peer pressure	Protective Behaviours ‘Feeling Good Feeling Safe’ Recap knowledge of protective behaviours; reflection on how behaviour and language, including ‘banter’ can impact on others; how to make a safety stop t; recap the safety scale and learn about the effect of having choice, control and a time limit on making safer choices; recap of children’s rights and identifying different types of child abuse; exploration of what matters most in a friendship and where to get help	Relationship & Sex Education Exploring and managing feelings of embarrassment; growing skills in managing friendship ups and downs; exploring the importance of trust in friendship; growing understanding and knowledge of the changes at puberty for most boys and girls; growing confidence to talk and ask questions about puberty; exploring how to keep healthy during puberty and knowing where to get help

Year group	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Year 6	New beginnings Setting up a new learning community: Class charter; learning to learn etc.	Getting on and falling out Developing skills in compassion in friendship and exploring feelings of rejection and learning how to cope with a <i>no</i> Anti bullying week Exploring definitions of bullying and safely being an upstander and the current National Anti – Bullying week theme	Good to be me Focus on Identity and belonging –consolidating skills in expression and descriptions of identity that include skin tone; growing skills in being an upstander and supporting each other	Global Citizenship ‘Growing an Anti – racist school’ Exploration of migration, exploring the question: where are we from; multiculturalism and diversity and inclusion.	Loss & Bereavement Exploring the concepts of loss and bereavement and coping strategies.	Changes /Transition Moving On- identifying feelings and exploring strategies for managing the transition a Into secondary school
	Citizenship: Growing class community; making a difference in our school community and exploring British (Human) Values					
	Mental Health & Wellbeing Exploration of mental health; including depression and anxiety, coping strategies and when to get help 5 ways to well-being: notice: with a focus on gratitude Online Wellbeing: Developing skills to recognise curated content, AI use and unsafe content. Being a positive digital citizen	Money Management (taught as part of maths)	LGBT+ equality education Learning about the history and experiences of people from the LGBT+ community in the UK today; learning about different types of grown-up relationships and reflecting on how to make sure everyone in our community feels valued and welcome	Drugs &Alcohol Education ‘Keeping Healthy and safe’ Exploring everyday healthy choices; drugs and medicines and UK law; cannabis, effects and risks; staying safe and peer pressure and getting help	Protective Behaviours ‘Feeling Good Feeling Safe’ Exploring how having respect for other people’s identity is linked to feeling safe; building on skills to safely challenge stereotypes; recap of the safety scale and growing an awareness of when it can help to risk on purpose; identifying safe and unsafe touch and how to manage unsafe touch; reflecting on safety networks and growing independence	Relationship and Sex education Recap and consolidation of understanding of the changes at puberty for most girls and most boys; exploration of body image, growing critical thinking skills related to body image and the media; reflecting on positive friendships online and face to face; clarifying what is safe to share online; knowing the different ways human babies begin and how are they are born; knowing some safe websites to find out more information about growing and changing and where to get help
		Online Safety (taught through Computing)		First Aid (taught through science)		

