Langstone Primary Academy



PSHE Overview 2026-27



Aim: A rich, curious journey of discovery .

Unit	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Unit 1	Revisit Golden Rules	Revisit Golden Rules	Introduction to Langstone Leaner Tier 1	Langstone Learner Consolidate Tier 1 Introduction to Tier 2	Langstone Learner Consolidate Tier 2 Introduction to Tier 3	Langstone Learner Consolidate Tier 3
Unit 2	Health and Wellbeing Healthy Lifestyles Feelings and emotions (zones of regulation)	Relationships Safe relationships Respecting self and others	Health and Wellbeing Hygiene Keeping Safe and First Aid Balanced Lifestyles	Relationships Friendships Identity and Discrimination Families	Relationships Friendships and Families Healthy and Unhealthy relationships Online safety	Living in the Wider World Money (including scams & fraud) Stereotyping and Extremism
Unit 3	Relationships Families, Friendships and managing hurtful behaviour	Living in the Wider World Economic wellbeing: money & aspirations	Relationships Confidentiality and secrets Collaborative working	Health and Wellbeing Drugs - alcohol & tobacco Aspirations Mental health & wellbeing (including grief)	Living in the Wider World Antisocial behaviour People, places and customs	Relationships Healthy Relationships including marriage and civil partnerships
Unit 4	Living in the Wider World Shared responsibilities Communities	Health and Wellbeing Ourselves, growing and changing Keeping Safe (including online)	Living in the Wider World Rules and Laws Human and Children's rights People, places and customs	Living in the Wider World Belonging to a Community Antisocial behaviour Money (including scams & fraud)	Health and Wellbeing Drugs - Legal & illegal Puberty Balanced Lifestyles	Health and Wellbeing Human Reproduction Mental health and emotional wellbeing (including change and loss)
Unit 5	Health and Wellbeing Transition	Health and Wellbeing Transition				