Pilgrim Federation Key Stage 2 RSHE (including PSHE) Overview

These are taught as Lower Key Stage 2 (Y3/Y4) and Upper Key Stage 2 (Y5/Y6) on a two-year rolling programme

Year 3 & 4 Sept '26	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 1	Y3 Oak Academy Emotions: Our emotions toolkit: strong emotions	Y3 Oak Academy Emotions: Emotions and deep feelings	Y3 Oak Academy Emotions: Managing strong emotions	Y3 Oak Academy Emotions: Managing conflict in healthy ways	Y3 Oak Academy Community: Fundamental British Values	Y3 Oak Academy Community: Democracy
Autumn 2	Y3 Oak Academy Community: Individual Liberty	Y3 Oak Academy Community: Mutual respect and tolerance	Y3 Pol-Ed Relationships: How should we treat people?	Y3 Pol-Ed Relationships: What is consent in friendships?	Y3 Pol-Ed Relationships: What can I do when friendships go wrong?	Y3 Pol-Ed Relationships: What is bullying?
Spring 1	Y3 Pol-Ed Relationships: Who are my key people?	Y3 Pol-Ed Keeping Safe: How can I share my worries?	Y3 Pol-Ed Keeping Safe: What are emergency situations?	Y3 Pol-Ed Keeping Safe: What are emergency services?	Y3 Pol-Ed Keeping Safe: What does it mean by risk?	Y3 Pol-Ed Keeping Safe: When should I break a secret?
Spring 2	Y3 Pol-Ed Understanding the Law: What is the law and why do we have it?	Y3 Pol-Ed Understanding the Law: How do we enforce the law?	Y3 Pol-Ed Understanding the Law: How can I be a responsible citizen?	Y3 Pol-Ed Understanding the Law: What are children's rights?	Y3 Pol-Ed Well-being: What is mental health?	Y3 Pol-Ed Well-being: How can intense feelings feel?
Summer 1	Y3 Pol-Ed Well-being: What words can I use for feelings?	Y3 Pol-Ed Well-being: How does school help me?	Y3 Pol-Ed Well-being: What am I good at?	Y3 Pol-Ed Well-being: How can vaccinations support our health?	Y3 Oak Academy Physical Health: Keeping our bodies strong	Y3 Oak Academy Physical Health: Making an activity plan
Summer 2	Y3 Oak Academy Physical Health: Choosing food carefully	Y3 Oak Academy Staying Safe & Healthy: Staying safe near water	Y3 Oak Academy Staying Safe & Healthy: Dangers on the road	Y3 Oak Academy Staying Safe & Healthy: staying safe near railways Y4 only Oak Academy Puberty: How do I change during puberty	Y4 only Oak Academy Puberty: Menstruation	Y4 only Oak Academy Puberty: staying clean during puberty

Pol-Ed Passports: What are Emotions?, What is Empathy?, What is Respect?, What is Self-Worth?, What is Resilience?

Where weeks are shorter or longer in a half term, teachers will carry on with the lessons.

Year 3 & 4 Sept '27	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 1	Y4 Oak Academy Emotions: Our Emotions toolkit: Self-esteem	Y4 Oak Academy Emotions: Feeling down and lonely	Y4 Oak Academy Emotions: managing my emotions	Y4 Oak Academy Emotions: Living happy lives	Y4 Oak Academy Community: The equality act	Y4 Oak Academy Emotions: stereotypes and their impact
Autumn 2	Y4 Oak Academy Community: Prejudice and discrimination in Britain	Y4 Pol-Ed Relationships: What is discrimination?	Y4 Oak Academy Community: Ageism	Y4 Pol-Ed Relationships: Who makes up my community?	Y4 Pol-Ed Relationships: What is diversity?	Y4 Pol-Ed Relationships: How can we be role models?
Spring 1	Y4 Pol-Ed Relationships: What is a healthy friendship?	Y4 Pol-Ed Relationships: What is peer influence?	Y4 Pol-Ed Keeping Safe: What is First Aid?	Y4 Pol-Ed Keeping Safe: What are hazards in the home?	Y4 Pol-Ed Keeping Safe: Who do I encounter?	Y4 Pol-Ed Keeping Safe: How can I keep myself safe in the local area?
Spring 2	Y4 Pol-Ed Keeping Safe: How can we keep safe on the road?	Y4 Pol-Ed Understanding the law: How can I respect my environment?	Y4 Pol-Ed Understanding the law: What are protected characteristics?	Y4 Pol-Ed Understanding the law: What can I be?	Y4 Pol-Ed Understanding the law: What is hate crime?	Y4 Pol-Ed Well-being: How does School build my character?
Summer 1	Y4 Pol-Ed Well-being: How do my choices help me to be healthy?	Y4 Pol-Ed Well-being: What are healthy habits?	Y4 Pol-Ed Well-being: Why is food fuel?	Y4 Pol-Ed Well-being: How can I be a hygiene hero?	Y4 Oak Academy Physical Health: Healthy teeth	Y4 Oak Academy Physical Health: The importance of sleep and rest
Summer 2	Y4 Oak Academy Physical Health: Keeping my body healthy	Y4 Oak Academy Staying Safe & Healthy: Preventing the spread of disease	Y4 Oak Academy Staying Safe & Healthy: Sunburn, stings, allergies and anaphylaxis	Y3 Pol-Ed Passport: What is respect? Y4 only Oak Academy Puberty: How do I change during puberty	Y3 Pol-Ed Passport: What is self-worth? Y4 only Oak Academy Puberty: Menstruation	Y3 Pol-Ed Passport: What is resilience? Y4 only Oak Academy Puberty: Staying clean during puberty

Year 5 & 6 Sept '26	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 1	Y5 Oak Academy Emotions: Our Emotions Toolkit: Challenges	Y5 Oak Academy Emotions: All emotions are important	Y5 Oak Academy Emotions: Facing challenges	Y5 Oak Academy Community: How women's rights have	Y5 Oak Academy Community: Identifying gender stereotypes	Y5 Oak Academy Community: Challenging gender stereotypes

				changed since the 1800s		
Autumn 2	Y5 Oak Academy Community: making the world a fairer place	Y5 Pol-Ed Relationships: How can adult relationships affect my future	Y5 Pol-Ed Relationships: How do words have power?	Y5 Pol-Ed Relationships: What are my personal boundaries?	Y5 Pol-Ed Relationships: What are online relationships?	Y5 Pol-Ed Relationships: What is grooming?
Spring 1	Y5 Pol-Ed Relationships: What is media influence?	Y5 Pol-Ed Relationships: What is peer pressure?	Y5 Pol-Ed Keeping Safe: How can we keep our things safe?	Y5 Pol-Ed Keeping Safe: How can we use our phones sensibly?	Y5 Pol-Ed Keeping Safe: What are deep fakes?	Y5 Pol-Ed Keeping Safe: What are the risks with money?
Spring 2	Y5 Pol-Ed Keeping Safe: What do I know about drugs?	Y5 Pol-Ed Keeping Safe: Why are our special people important?	Y5 Pol-Ed Keeping Safe: What is media literacy?	Y5 Pol-Ed Understanding the law: How do rules help our community?	Y5 Pol-Ed Understanding the law: What can I and what can't I do on the Internet?	Y5 Pol-Ed Understanding the law: What is gambling?
Summer 1	Y5 Pol-Ed Well-being: What is my personal identity?	Y5 Pol-Ed Well-being: How might puberty impact how I feel?	Y5 Pol-Ed Well-being: How might being online impact my feelings?	Y5 Pol-Ed Well-being: How might my activity levels impact the way I feel?	Y5 Pol-Ed Well-being: How might school impact the way I feel?	Y5 Pol-Ed Well-being: How might drugs and alcohol make people feel?
Summer 2	Y5 Oak Academy Physical Health: Differences in our health	Y5 Oak Academy Physical Health: pressure to look a certain way	Y5 ONLY Oak Academy Staying Safe & Healthy: Identifying hazards Y6 ONLY Medway: How a baby is made Parents may choose for their child not to take part in this lesson.	Y5 ONLY Oak Academy Staying Safe & Healthy: Fire safety, burns and fireworks Y6 ONLY Oak Academy Emotions: Our Emotions Toolkit: Handling transition	Y5 ONLY Oak Academy Staying Safe & Healthy: Reporting an emergency Y6 only Oak Academy Emotions: Our Emotions Toolkit: Handling transition	Y5 ONLY Oak Academy Staying Safe & Healthy: The importance of vaccines Y6 ONLY Pol-Ed Relationships: Getting ready for secondary Relationships

Year 5 & 6 Sept '27	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Autumn 1	Y6 Oak Academy Emotions: We all have mental Health	Y6 Oak Academy Emotions: We are unique	Y6 Oak Academy Community: being British	Y6 Oak Academy Community: The history of racism in Britain	Y6 Oak Academy Community: The arrival of the Windrush generation	Y6 Pol-Ed Keeping Safe: Halloween
Autumn 2	Y6 Pol-Ed Keeping Safe: Bonfire night	Y6 Oak Academy Community: Diversity in modern Britain	Y6 Oak Academy Community: Discrimination and the law in Britain	Y6 Oak Academy Community: Feeling like we belong	Y6 Pol-Ed Relationships: How can we be allies against racism?	Y6 Pol-Ed Relationships: How ca we challenge sexism?
Spring 1	Y6 Pol-Ed Relationships: How can we respect different relationships?	Y6 Pol-Ed Relationships: What is a debate?	Y6 Pol-Ed Relationships: What is my relationship with authority?	Y6 Pol-Ed Keeping Safe: How is my data shared?	Y6 Pol-Ed Keeping Safe: What is spiking	Y6 Pol-Ed Keeping Safe: What is the issue with addiction (Vaping/ smoking)?
Spring 2	Y6 Pol-Ed Keeping Safe: Why does media have age restrictions?	Y6 Pol-Ed Understanding the Law: What are the different types of crimes?	Y6 Pol-Ed Understanding the Law: What does the law say about legal drugs?	Y6 Pol-Ed Understanding the Law: What does the law say about marriage?	Y6 Pol-Ed Understanding the Law: What is a weapon?	Y6 Pol-Ed Understanding the Law: What is antisocial behaviour?
Summer 1	Y6 Pol-Ed Understanding the Law: What is shop theft?	Y6 Pol-Ed Well-being: What does adulthood look like?	Y6 Pol-Ed Well-being: How can I re-frame my thinking?	Y6 Pol-Ed Well-being: How can I seek support for my mental health?	Y6 Pol-Ed Well-being: What is grief?	Y6 Oak Academy Physical Health: Basic first aid
Summer 2	Y6 Oak Academy Physical Health: Male and female changes during puberty	Y6 Oak Academy Physical Health: Emotional changes during puberty	Y5 ONLY Oak Academy Staying Safe & Healthy: Identifying hazards Y6 ONLY Medway: How a baby is made Parents may choose for their child not to take part in this lesson.	Y5 ONLY Oak Academy Staying Safe & Healthy: Fire safety, burns and fireworks Y6 ONLY Oak Academy Emotions: Our Emotions Toolkit: Handling transition	Y5 ONLY Oak Academy Staying Safe & Healthy: Reporting an emergency Y6 only Oak Academy Emotions: Our Emotions Toolkit: Handling transition	Y5 ONLY Oak Academy Staying Safe & Healthy: The importance of vaccines Y6 ONLY Pol-Ed Relationships: Getting ready for secondary Relationships