

Ingleby Mill Primary School – Life Lessons Curriculum Overview (includes all statutory Relationships and Health Education content)

Key:

Relationships – Pol-Ed
Keeping Safe – Pol-Ed
Understanding the Law – Pol-Ed
Well-being – Pol-Ed
Passport lesson* - Pol-Ed
Use assembly resource as lesson basis – Pol-Ed
RSHE lesson# – Medway Resources (class teacher)
Lessons based on key dates/charity websites/national events etc.

To cover the statutory content for PSHE/RSHE we **must** deliver the Pol-Ed lessons within Relationships, Keeping Safe, Understanding the Law, Well-being along with the Medway Resources (Changing and Growing Up lessons). The additional content (e.g. careers lessons, first aid lessons, themed weeks, lessons based on Pol-Ed assembly resources, and the Pol-Ed passport lessons) give our curriculum greater depth and impact. If you are struggling to cover the full content of the long term plan, **always prioritise the statutory content over the additional content**.

* Passport lessons can help adults to evaluate and assess how the children are putting their knowledge into practice. They have been timetabled to take place in Reception, Year 2 and Year 6 to help inform school of the impact of the PSHE curriculum across the key stages.

RSHE lessons should be delivered by a class's normal teacher. Some of these lessons may touch on more sensitive issues; some of them revisit key skills or information covered earlier in the year.

The Pol-Ed curriculum is a spiral curriculum (i.e. it returns to and build on key skills and knowledge as you move through it). The lessons have been organised into a suggested order for each year group, but they can be moved about as long as everything is covered within the academic year.

As the term lengths often vary year on year, you may find that some topics need moving forwards or pulling back from one half term to the next. The suggested lessons for each half term are simply a guide based on the typical length of each term.

Although all the plans, presentations and resources are provided, each lesson will need adapting as required for each class. Please think about whether other activities or resources might support your children better and make adjustments as necessary.

The PSHE lead will consult with parents/carers in September 2026 and determine whether we teach the non-statutory topic of conception in humans. Do not teach this topic unless it is confirmed by the PSHE lead. (If we do teach this topic, parents/carers will have the right to withdraw their child from the lessons).

Reception					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
How can I be a good friend?	How can adults at school help me?	What is empathy?	Who are the police and how do they help us?	How can I be a germ buster?	How does exercise help me?
How can I make other children feel happy?	How can I play safely?	What are rules?	What is respect?	How does food help me?	What is self-worth?
How can I play nicely with others?	How can I keep safe at school?	What are consequences?			What is resilience?
What are emotions?	How can I keep safe at home?	What can I do if I'm feeling big emotions?			What is risk?

Year 1					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
How can I be an ally?	How can I keep safe in new places?	How can I be responsible?	My special people	How can I be an empathy expert?	KS1 bereavement lesson 1 Bereavement lessons
How can I make friends?	How can I speak up?	What can happen when rules are broken?	We are growing: human life cycle	Summer water safety (use Pol-Ed assembly resources)	KS1 bereavement lesson 2 Bereavement lessons
What if my friends are making me feel sad?	Antibullying Week Anti-Bullying Week 2026: Break the Silence	What do the police do?	What makes me special?	Staying safe in busy places (use Pol-Ed assembly resources)	Y1 Red Cross First Aid lessons First Aid Lessons

What is bullying?	How can I use things at home safely?	Why have different rules in different places?	What do feelings feel like?	Screen free time (use Pol-Ed assembly resources)	Y1 Red Cross First Aid lessons First Aid Lessons
Why are safe hands important?	What is 999?	Children's Mental Health Week Schools - Children's Mental Health Week	How can I share my feelings?	KS1 careers lesson 1 Careers Lessons	
Why is name calling unkind?	What is private information?	Safer Internet Day SID get involved		KS1 careers lesson 2 Careers Lessons	
Talk PANTS PANTS resources for schools and teachers NSPCC Learning NSPCC Learning	Who are my trusted adults?				

Year 2					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
How are we the same? How are we different?	How can I keep safe online?	What is respect?	What is the internet?	Why is sleep important?	What is resilience?
How can I work with different people?	What are different types of meetings?	What are needs and wants?	Why does age matter?	When do I need to take a break?	What is self-worth?
How do I share family worries?	Antibullying Week Anti-Bullying Week 2026: Break the Silence	What is a job?	How can I deal with change?	Summer water safety (use Pol-Ed assembly resources)	What is risk?
What is a family?	What are private body parts?	What is money?	What does it mean to be healthy?	What are the risks of video gaming?	Railway safety (use Pol-Ed assembly resources)

Why are relationships important?	What is fire safety?	Children's Mental Health Week Schools - Children's Mental Health Week	How can I look after my body?	Y2 Red Cross First Aid lessons First Aid Lessons	What is future planning?
Everybody's body (recaps on naming of body parts)	What is empathy?	Safer Internet Day SID get involved	What is fact-finding?	Y2 Red Cross First Aid lessons First Aid Lessons	
	What is informed decision making?				

Year 3					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
How should we treat people?	Falling out with friends	When should I break a secret?	What is the law and why do we have it?	Summer water safety (use Pol-Ed assembly resources)	KS2 bereavement lesson 1 Bereavement lessons
What can I do when friendships go wrong?	Human rights (use Pol-Ed assembly resources)	How can I be a responsible citizen?	What is mental health?	How can vaccinations support our health?	KS2 bereavement lesson 2 Bereavement lessons
What do we mean by consent in friendships?	Antibullying Week Anti-Bullying Week 2026: Break the Silence	How do we enforce the law?	What am I good at?	Y3 Red Cross First Aid lessons First Aid Lessons	Screen free time (use Pol-Ed assembly resources)
What is bullying?	How can I share my worries?	What are children's rights?	How can intense feelings feel?	Y3 Red Cross First Aid lessons First Aid Lessons	Mental health awareness (use Pol-Ed assembly resources)
Who are my key people?	What are emergency services?	Children's Mental Health Week Schools - Children's Mental Health Week	What words can I use to talk about my feelings?		

What makes a good friend?	What are emergency situations?	Safer Internet Day SID get involved	How does school help me?		
	What do we mean by risk?				

Year 4					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
How can we be role models?	How can I keep safe in my local area?	How can I respect my environment?	How do my choices help me to be healthy?	Summer water safety (use Pol-Ed assembly resources)	What are the risks of online challenges? (use Pol-Ed assembly resources)
What is a healthy friendship?	How can I keep safe on the road?	What are protected characteristics?	What are healthy habits?	Y4 Red Cross First Aid lessons First Aid Lessons	How can we be responsible with AI? (use Pol-Ed assembly resources)
What is discrimination?	Antibullying Week Anti-Bullying Week 2026: Break the Silence	What can I be?	Why is food fuel?	Y4 Red Cross First Aid lessons First Aid Lessons	Puberty: time to change
What is diversity?	What are hazards in the home?	What is hate crime?	How can I be a hygiene hero?	Railway safety (use Pol-Ed assembly resources)	Puberty: menstruation and wet dreams
What is peer influence?	What is first aid?	Children's Mental Health Week Schools - Children's Mental Health Week	What is my body trying to tell me?	KS2 careers lesson 1 Careers Lessons	
Who makes up my community?	Who do I encounter?	Safer Internet Day SID get involved		KS2 careers lesson 2 Careers Lessons	
	How does school build my character?			KS2 careers lesson 3 Careers Lessons	

Year 5					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
How can my adult relationships affect my future?	What is grooming?	How can we use our phones sensibly?	How do rules help our community?	Summer water safety (use Pol-Ed assembly resources)	Puberty: personal hygiene
How do words have power?	What is media influence?	What are deep fakes?	What can and can't I do on the internet?	How might my activity levels impact the way I feel?	Puberty: emotions and feelings
What are my personal boundaries?	Antibullying Week Anti-Bullying Week 2026: Break the Silence	What are the risks with money?	What is gambling?	How might school impact the way I feel?	How can we stay safe during public disorder? (use Pol-Ed assembly resources)
What are online friendships?	What is peer pressure?	Why are our special people important?	What is my personal identity?	What do I know about drugs?	Y5 Red Cross First Aid lessons First Aid Lessons
Halloween (use Pol-Ed assembly resources)	How can we keep our things safe?	Children's Mental Health Week Schools - Children's Mental Health Week	How might being online impact the way I feel?	How can drugs and alcohol make people feel?	Y5 Red Cross First Aid lessons First Aid Lessons
Bonfire night and firework safety (use Pol-Ed assembly resources)	Winter water safety (use Pol-Ed assembly resources)	Safer Internet Day SID get involved		How can I keep safe online?	
	How might puberty impact the way I feel?				

Year 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
How can we challenge sexism?	What is my relationship with authority?	How is my data shared?	What different types of crime are there?	Summer water safety (use Pol-Ed assembly resources)	What does adulthood look like?
How can we be allies against racism?	How can I get ready for secondary relationships?	What is spiking?	What does the law say about illegal drugs?	What is a weapon?	How can I reframe my thinking?
How can we respect different relationships?	Antibullying Week Anti-Bullying Week 2026: Break the Silence	What is the issue with addiction (vaping/smoking)?	What does the law say about marriage?	What is antisocial behaviour?	How can I seek support for my mental health?*
What is a debate?	What is respect?	Why does media have age restrictions?	What is grief?	What is shop theft?	How can I cope with leaving school?
Halloween Lesson	What is self-worth?	Children's Mental Health Week** Schools - Children's Mental Health Week	What is resilience?	Puberty: recap and review	What is future planning?
Bonfire Night Lesson	Y6 Red Cross First Aid lessons First Aid Lessons	Safer Internet Day SID get involved		Puberty: change and becoming independent	What is informed decision making?
	Y6 Red Cross First Aid lessons First Aid Lessons			Positive and healthy relationships	What is risk?
					*How babies are made (do not deliver unless agreement from PSHE lead given)

***PSHE lead will make resources for this lesson available parents/carers and will consult parents/carers about whether this lesson will be delivered in school. Only deliver this lesson when confirmation from PSHE lead given. If this lesson is delivered, parents/carers will be given the option of withdrawing their child.**

**** If needed, please use the lesson from Summer 2 (How can I seek help for my mental health?) during Children's Mental Health week to free up a week in the LTP**