

The Kite Primary PSHE and RSE Overview



Cycle 1 2025 / 2026					Cycle 2 2026 / 2027			
Year R	Year 1/2	Year 3/4	Year 5/6		Year R	Year 1/2	Year 3/4	Year 5/6
Self regulation: my feelings Building relationships: special relationships	A1/2 - Families and Relationships A1/2 - Health & Wellbeing	Families and relationships Health and wellbeing	Families and relationships Health and wellbeing	Autumn	Self-regulation: my feelings Building relationships: special relationships	B1/2 - Families and Relationships B1/2 - Health & Wellbeing	Families and relationships Health and wellbeing	Families and relationships Health and wellbeing
Managing self: taking on challenges Self-regulation: listening and following instructions	A1/2 - Economic wellbeing A1/2 - Citizenship	Economic wellbeing Citizenship	Economic wellbeing Citizenship	Spring	Managing self: taking on challenges Self-regulation: listening and following instructions	B1/2 - Economic wellbeing B1/2 - Citizenship	Economic wellbeing Citizenship	Economic wellbeing Citizenship
Building relationships: my family and friends Managing self: my wellbeing	A1/2 - Safety and the changing body	Safety and the changing Body	Safety and the changing body Transition	Summer	Building relationships: my family and friends Managing self: my wellbeing	B1/2 - Safety and the changing body	Safety and the changing body	Identity Safety and the changing body