



CHJS RSHE Curriculum Overview 2026  
*"Let Your Light Shine" Matthew (5:16)*

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
3/4 Cycle A RSHE	<p><b>World Mental Health Day</b></p> <p>Pol-Ed - Wellbeing Y4 How do my choices help me to be healthy? What are healthy habits? Why is food fuel?</p> <p><b>Wellbeing online</b> Autumn Term Online Safety Lessons</p>	<p><b>Anti-bullying week</b> Book -King and King (Homophobic Bullying)</p> <p>Pol-Ed - Relationships Consent in friendships? What is bullying? How should we treat people? What can I do when friendships go wrong? Who are my key people?</p>	<p><b>Year 3</b></p> <p><b>Valuing Difference and Keeping Safe</b> Developing Bodies - Body differences Personal Space and Respect Help and Support, including NSPCC Pants lesson Safe, Happy Families</p>			
	<p><b>World Mental Health Day</b></p> <p>Pol-Ed - Wellbeing Y3 How can intense feelings feel? What is mental health? What words can I use to talk about my feelings?</p> <p><b>Wellbeing online</b> Autumn Term Online Safety Lessons</p>	<p><b>Anti-bullying week</b> Book -All My Stripes (Disability Discrimination)</p> <p>Pol-Ed - Relationships What is discrimination? How can we be role models? What is a healthy friendship? What is diversity? What is peer influence? Who makes up my community?</p> <p>Y2 - relationships How do I share family worries?</p>	<p><b>Year 4</b></p> <p><b>Growing Up</b> Developing Bodies - Changes What is puberty Healthy Relationships, Friendship and Families</p>	<p><b>Pol-Ed</b> Pol-Ed - Wellbeing Y2 - sleep Y3 - Vaccinations Y4 - Hygiene hero</p>		



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<p><b>5</b> RSHE</p>	<p><b>World Mental Health Day</b></p> <p>Lesson: Feeling Lonely, feeling better</p> <p><b>Wellbeing online</b> Autumn Term Online Safety Lessons</p>	<p><b>Antibullying Week</b></p> <p>Book -Tango makes 3</p> <p><b>Pol-Ed - Relationships</b></p> <p>What is grooming? How do word have power? What are my personal boundaries? What are online friendships? What is peer pressure?</p>	<p><b>Internet Safety Day</b></p> <p><b>Pol-Ed Keeping Safe</b> How can we use our phones sensibly? What are deep fakes?</p> <p><b>Internet Safety lesson -</b> Keeping Safe in Cyber Space</p> <p>What can and can't I do on the internet?</p> <p><b>Police Visit</b> Computer Misuse Act and fraud online Online Safety and Awareness Wellbeing online</p>	<p><b>Police Visit</b> Drugs, alcohol, tobacco and vaping</p> <p><b>Year 5</b></p> <p><b>Puberty</b></p> <ul style="list-style-type: none"> <li>• Developing Bodies - Talking about Puberty</li> <li>• The reproductive System Help and Support</li> </ul>	<p><b>County lines workshop</b></p>	
<p><b>6</b> RSHE</p>	<p><b>World Mental Health Day</b></p> <p><b>Y6 Pol-Ed Wellbeing</b></p> <p>How can I seek support for my mental health?</p> <p><b>Wellbeing</b></p> <p><b>Bereavement - RE Unit</b> How does Faith help people when life gets hard?</p> <p><b>Wellbeing online</b> Autumn Term Online Safety</p>	<p><b>Antibullying Week</b></p> <p>Emmanuelle's Dream</p> <p><b>Pol-Ed - Relationships</b></p> <p>How can we be allies against racism? How can we challenge sexism? How can we respect different relationships?</p>	<p><b>Internet Safety Day</b></p> <p><b>Pol-Ed Keeping Safe</b> How is my data shared? Why does media have age restrictions?</p> <p><b>Police Visit</b> Computer Misuse Act and fraud online Online Safety and Awareness Wellbeing online</p>	<p><b>Year 6</b></p> <p><b>Puberty, Relationships and Reproduction</b></p> <p>Developing Bodies - Puberty and Reproduction Communication in Relationships and Friendships Families, Conception and Pregnancy Respect and Being Safe in Relationships, including online</p> <p><b>Pol-Ed Police Visit</b> Drugs, alcohol, tobacco and vaping</p>	<p><b>County lines workshop</b></p>	<p><b>Warning Zones Trip</b></p> <p>Online Safety and Awareness Wellbeing online</p> <p><b>Drugs, alcohol, tobacco and vaping - Science -</b> Animals Including Humans</p> <p><b>Y6 Keeping Safe</b> Pol-Ed - What is the issue with addiction?</p>

Also, see PSHE curriculum, PE curriculum for physical health and fitness, the DT food technology and Computing curriculum for online safety.