PSHE and RSE Curriculum Overview

Bassingbourn Community Primary School · 2026 to 2029

Personal, social, health and economic education (PSHE), including relationships and health education, is taught using the Kapow Primary scheme of work. Our classes are mixed-age, so units follow a two-year rolling programme. Sex education is taught to Year 6 pupils only, every year.

Reception

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Every year	Self-regulation: My feelings	Building relationships: My family and friends	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: Special relationships	Managing self: My wellbeing

Years 1 and 2 (mixed classes; the two years then alternate)

YEAR	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
2026–27	My healthy self: How can we look after our emotions?	Citizenship: How can I help others and the environment?	Citizenship: How do people belong to a community and earn money?	My healthy self: How can we look after our bodies?	Growing up: How can we look after and respect our bodies as we grow?	Staying safe: How can I make safe choices in different places?
2027–28	Connecting with others: How can I help myself and others feel happy and safe?	The online world: How do we spend time online?	Health protection: How can I protect myself and others in daily life?	Staying safe: How can I stay safe?	Connecting with others: How can I build safe, kind and caring relationships with others?	The online world: How can we stay safe online?

Years 3 and 4 (mixed classes; the two years then alternate)

YEAR	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
2026–27	My healthy self: How can I make healthy choices?	Connecting with others: How can we respect each other?	The online world: How can we decide what to trust online?	Citizenship: How can I spend money responsibly?	Growing up: How will my body and emotions change as I grow up?	Staying safe: What signs help me recognise what is safe or unsafe?
2027–28	My healthy self: How can I take care of my mind and body?	Connecting with others: What helps us feel safe and included?	The online world: How should we communicate online?	Citizenship: What rights and responsibilities do we have?	Health protection: How can we prevent illness and injury and respond if they happen?	Citizenship: What careers do people choose and why?

Years 5 and 6 (separate classes in 2026–27, then mixed classes from 2027–28; the two years then alternate)

YEAR AND CLASS	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
2026–27 Year 5	My healthy self: How can I support my mind and body as I grow?	Connecting with others: Why are healthy relationships important?	The online world: How am I influenced by what I see online?	Citizenship: How can we make a difference in our communities and beyond?	Growing up: How can I manage the changes to my body and emotions as I grow up?	Citizenship: How can we be in control of our money?
2026–27 Year 6	My healthy self: How do my choices today shape my future health?	Connecting with others: What does it mean to stand up for myself and others?	The online world: How do I feel about the things I see online?	Citizenship: How can we protect everyone's rights?	Staying safe: How can I stay safe as I grow up?	Sex education: How do people become parents and carers?
2027–28 Years 5 and 6	My healthy self: How do my choices today shape my future health?	Connecting with others: What does it mean to stand up for myself and others?	The online world: How do I feel about the things I see online?	Citizenship: How can we protect everyone's rights?	Staying safe: How can I stay safe as I grow up?	Year 5: First aid Year 6: Sex education: How do people become parents and carers?
2028–29 Years 5 and 6	My healthy self: How can I support my mind and body as I grow?	Connecting with others: Why are healthy relationships important?	The online world: How am I influenced by what I see online?	Citizenship: How can we make a difference in our communities and beyond?	Growing up: How can I manage the changes to my body and emotions as I grow up?	Year 5: Citizenship: How can we be in control of our money? Year 6: Sex education: How do people become parents and carers?

In the mixed Year 5 and 6 class, Year 6 pupils have their sex education unit in Summer 2, while Year 5 pupils study a different unit. Parents and carers can withdraw their child from sex education. Please contact the school office to find out more.