



## Oldbury Park PSHE Curriculum Overview 2026-2027

At Oldbury Park we follow the Kapow Primary scheme for our PSHE (Personal, Social, Health and Emotional) and RSE (Relationships, Sex Education) teaching and learning. This covers the full breadth of learning pupils need to stay healthy, safe and prepared for life.

This includes:

- Personal.
- Social.
- Health.
- Economic.
- Relationships.
- Citizenship.
- Sex education (optional).



## Personal, Social, Health and Economic Education (PSHE) including Relationship & Sex Education (RSE) Yearly Overview



Here is our Oldbury Park curriculum overview.

|        | Autumn 1                                                         | Autumn 2                                                                                 | Spring 1                                                       | Spring 2                                                                 | Summer 1                                                                             | Summer 2                                                           |
|--------|------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| EYFS   | Self-regulation: My feelings                                     | Building relationships: Special relationships                                            | Managing self: Taking on challenges                            | Self-regulation: Listening and following instructions                    | Building relationships: My family and friends                                        | Managing self: My wellbeing                                        |
| Year 1 | My healthy self: How can we look after our emotions?             | Connecting with others: How can I help myself and others feel happy and safe?            | The online world: How do we spend time online?                 | Citizenship: How can I help others and the environment?                  | Health protection: How can I protect myself and others in daily life?                | Staying safe: How can I stay safe?                                 |
| Year 2 | My healthy self: How can we look after our bodies?               | Connecting with others: How can I build safe, kind and caring relationships with others? | The online world: How can we stay safe online?                 | Citizenship: How do people belong to a community and earn money?         | 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?     |
| Year 3 | 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?                |
| Year 4 | 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? |
| 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?                |
| 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?            |