



12th May 2026

Dear Parent / Carer

RE: Primary PSHE Reminder

Below is a summary of the letter sent out in September 2025, outlining our P.S.H.E programme for all year groups. As we enter our summer term we begin our 'Growing and Changing' unit of work; this contains lessons on changing bodies, puberty and sex education. Children may come home with questions after this content is delivered, please do make time to engage with these.

At Atlantic Academy, we promote our children's wellbeing and personal development through a comprehensive and thorough programme of Personal, Social and Health Education (P.S.H.E) which provides our students with the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives.

I have attached our yearly overview of P.S.H.E, from Reception through to Year 6. I am sharing this with you to invite any feedback or answer any questions. Please contact myself (Ms Powell) using this [contact form](#), addressing your message to me, ahead of content being delivered. I am able to share full lesson plans upon request.

The Department for Education has guidance for the Relationships area of the curriculum and it is compulsory for Relationships and Sex Education (R.S.E) to be taught in all Primary and Secondary schools. It is worth noting that, *"There is no right to withdraw from Relationships Education at primary or secondary as we believe the contents of these subjects - such as family, friendships, safety (including online safety) are important for all children to be taught"* (DFE, 2020).

We continually review our P.S.H.E curriculum and policy in order to ensure that our provision is appropriate and meets the needs of all of our children in respect to their age, physical and emotional maturity, religious and cultural backgrounds, and special educational needs and/or disabilities; adjustments can and are made where appropriate.

Yours faithfully,

Ms Powell

Personal Development Lead





		Year R	Year 1	Year 2			Year 3	Year 4	Year 5	Year 6	
Term One	Me and my Relationships	Make healthy choices about food, drink, activity and toothbrushing.	Diversity Week		Why we have classroom rules	Our ideal classroom (1)	Me and my Relationships	Diversity Week			
			How are you listening?	How are you feeling today?	As a rule	Human machines		Collaboration Challenge!	Working together		
			Thinking about feelings	Let's all be happy!	Looking after our special people	Ok or not ok? (part 1)		Give and take	Solve the friendship problem		
			Our feelings	Being a good friend	How can we solve this problem?	Ok or not ok? (part 2)		How good a friend are you?	Behave yourself		
			Feelings and bodies	Types of bullying	Friends are special	An email from Harold!		Relationship cake recipe	Assertiveness skills (formerly Behave yourself - 2)		
	Valuing Difference	See themselves as a valuable individual.	Half term		Good friends	Don't do that!	Thanks	Different feelings	Our emotional needs	Don't force me	Acting appropriately
			Same or different?	What makes us who we are?	Respect and challenge	Can you sort it?	Qualities of friendship	OK to be different			
				Unkind, tease or bully?		My special people	Family and friends	What would I do?	Kind conversations	We have more in common than not	
				Harold's school rules		How do we make others feel?	My community	The people we share our world with	Happy being me	Respecting differences	
				It's not fair!		When someone is feeling left out	Our friends and neighbours	The land of the Red People	Tolerance and respect for others		
Who are our special people?	An act of kindness	Let's celebrate our differences	Friend or acquaintance?	Is it true?	Advertising friendships!						
Our special people balloons	Solve the problem	Zeb	Islands	Stop, start, stereotypes	Boys will be boys? - challenging gender stereotypes						
Christmas		Christmas		Christmas		Christmas		Christmas			
Term Two	Keeping Safe	Express their feelings and consider the feelings of others. Build constructive and respectful relationships.	Healthy Living Week		Super sleep	Harold's picnic	Keeping Safe	Healthy Living Week			
			Who can help? (1)	How safe would you feel?	Danger or risk?	How dare you!		Spot bullying	Think before you click!		
			Good or bad touches?	What should Harold say?	The Risk robot	Keeping ourselves safe		Decision dilemmas	Rat Park		
			Sharing pictures	I don't like that!	Super Searcher	Raisin challenge (2)		Ella's diary dilemma	What sort of drug is...?		
			What could Harold do?	Fun or not?	Help or harm?	Picture wise		Vaping: healthy or unhealthy?	Drugs: it's the law!		
	Rights and Respect	Think about the perspectives of others. Identify and moderate their own feelings socially and emotionally. Show resilience and perseverance in the face of challenge.	Half term		Harold loses Geoffrey	Should I tell?	Alcohol and cigarettes: the facts	Medicines: check the label	Would you risk it?	Alcohol: what is normal?	
			Science Week		Science Week		Science Week		I look great!		
			Harold has a bad day	Getting on with others	Helping each other to stay safe	Who helps us stay healthy and safe?	What's the story?	Media manipulation			
			Around and about the school	When I feel like erupting	Recount task	It's your right	Fact or opinion?	Pressure online			
			Taking care of something	Feeling safe	Our helpful volunteers	How do we make a difference?	Mo makes a difference	Helpful or unhelpful? Managing change			
Harold's money	Playing games	Can Harold afford it?	In the news!	Rights, respect and duties	Is this normal?						
How should we look after our money?	Harold saves for something special	Earning money	Safety in numbers	Spending wisely	Making babies						
Easter		Easter		Easter		Easter		Easter			
Term Three	Being my best	Manage their own needs. • Personal hygiene	I can eat a rainbow	You can do it!	Derek cooks dinner! (healthy eating)	What makes me ME!	It all adds up!	This will be your life!			
			Eat well	My day	Poorly Harold	Making choices	Different skills	Our recommendations			
			Harold's wash and brush up	Harold's postcard - helping us to keep clean and healthy	Body team work	SCARF hotel	My school community (2)	What's the risk? (1)			
			Catch it! Bin it! Kill it!	Harold's bathroom	For or against?	Harold's Seven Rs	Independence and responsibility	What's the risk? (2)			
			Harold learns to ride his bike	What does my body do?	I am fantastic!	My school community (1)	Star qualities?	Basic first aid, including Sepsis Awareness			
	Growing and Changing	Know and talk about the different factors that support their overall health and wellbeing: • regular physical activity • healthy eating • toothbrushing • sensible amounts of 'screen time' • having a good sleep routine • being a safe pedestrian	Half term		Half term		Half term		Half term		
			Healthy me	A helping hand	Relationship tree	Moving house	How are they feeling?	Two sides to every story			
			Then and now	Sam moves away	Body space	My feelings are all over the place!	Taking notice of our feelings	Facebook friends			
			Taking care of a baby	Haven't you grown!	None of your business!	All change!	Dear Ash	What's it worth?			
			Who can help? (2)	My body, your body	Secret or surprise?	Preparing for changes at puberty (formerly Period positive/preparing for periods)	Growing up and changing bodies	Democracy in Britain 1 - Elections			
Surprises and secrets	Respecting privacy	My changing body	Secret or surprise?	Changing bodies and feelings	Democracy in Britain 2 - How (most) laws are made						
Keeping privates private	Some secrets should never be kept	Basic first aid	Together	Help! I'm a teenager - get me out of here!							