Eureka Primary School Long Term Plan: PSHE / RSHE

1. Drug Education 2. Exploring Emotions 3. Being Healthy 4. Growing Up 5. Changes 6. Bullying Matters
7. Being Me 8. Differences and Diversity 9. Being Responsible 10. Being Safe 11. Relationships 12. Money Matters

PSHE MATTERS 2026 – 2027: Enriching learning where we ALL feel Safe, Happy, Comfortable						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS ADVENTURERS	Being Me	Bullying Matters	Being Safe	Drug Education	Exploring Emotions	Relationships Growing Up
Years 1 & 2 THINKERS	Being Me	Bullying Matters	Being Safe	Drug Education	Exploring Emotions	Relationships Growing Up
Years 2 & 3 EXPLORERS	Being Me	Bullying Matters	Being Safe	Drug Education	Exploring Emotions	Relationships Growing Up
Years 4 & 5 INVESTIGATORS	Being Me	Bullying Matters	Being Safe	Drug Education	Exploring Emotions	Relationships Growing Up
Years 5 & 6 ENQUIRERS	Being Me	Bullying Matters	Being Safe	Drug Education	Exploring Emotions	Relationships Growing Up

PSHE MATTERS 2027 – 2028: Enriching learning where we ALL feel Safe, Happy, Comfortable						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS ADVENTURERS	Being Healthy	Differences and Diversity	Being Responsible	Money Matters	Changes	Relationships Growing Up
Years 1 & 2 THINKERS	Being Healthy	Differences and Diversity	Being Responsible	Money Matters	Changes	Relationships Growing Up
Years 2 & 3 EXPLORERS	Being Healthy	Differences and Diversity	Being Responsible	Money Matters	Changes	Relationships Growing Up
Years 4 & 5 INVESTIGATORS	Being Healthy	Differences and Diversity	Being Responsible	Money Matters	Changes	Relationships Growing Up
Years 5 & 6 ENQUIRERS	Being Healthy	Differences and Diversity	Being Responsible	Money Matters	Changes	Relationships Growing Up

PSHE MATTERS CURRICULUM				
ADVENTURERS: EYFS	THINKERS: Years 1 & 2	EXPLORERS: Year 2 & 3	INVESTIGATORS: Years 4 & 5	ENQUIRERS: Years 5 & 6
EYFS	KS1	KS1 / LKS2	LKS2 / UKS2	UKS2

The 12 modules are:

1. Drug Education - including how to manage risk and peer influences
2. Exploring Emotions - including how to recognise and manage feelings and emotions
3. Being Healthy - including the importance of looking after our mental health
4. Growing up - including age-appropriate sex education
5. Changes - including loss
6. Bullying Matters - including how to ask for help
7. Being Me - including identity and community
8. Difference and Diversity - including challenging stereotypes
9. Being Responsible - including looking after the environment
10. Being Safe - including online and offline
11. Relationships - including what is a healthy relationship
12. Money Matters - including enterprise

The letters in the icons correspond to the statutory RSHE guidance sections as follows:

Relationships Education

- F — Families and people who care for me
- CF — Caring Friendships
- RKR — Respectful, kind relationships
- OSA — Online safety and awareness
- BS — Being Safe

Health Education (Health and Wellbeing)

- GW — General wellbeing
- WO — Wellbeing online
- PHF — Physical health and fitness
- HE — Healthy eating
- DATV — Drugs, alcohol, tobacco and prevention
- HPP — Health protection and prevention
- PS — Personal safety
- BFA — Basic first aid
- DB — Developing bodies