

PSHE / RSHE Curriculum Mapping & Progression

Oak National Academy Primary Scheme Framework mapped to statutory DfE Guidance.

Theme 1: Relationships Education

Strand	Key Stage 1 (Y1/2)	Lower Key Stage 2 (Y3/4)	Upper Key Stage 2 (Y5/6)
Families & People Who Care	Recognising family structures; understanding that families provide love, security, and stability.	Exploring changing dynamics; family diversity and the traits of a supportive home life.	Long-term commitments; navigating complex family shifts and mutual long-term support systems.
Caring Friendships	Value of kindness, sharing, and mutual respect; identifying positive friendship traits.	Healthy conflict resolution, overcoming peer falling-outs, and managing trust.	Peer pressure resistance; identifying toxic or manipulative behaviors and healthy boundaries.
Respectful Relationships	Basic manners, treating others with courtesy, and valuing core personal differences.	Understanding stereotypes, microaggressions, and cultivating inclusivity in school spaces.	Navigating intense peer pressure, exploring discrimination, and building self-respect frameworks.
Online Relationships	Understanding that online users aren't always who they claim; basic safety principles.	The mechanics of digital footprints, online etiquette, and handling digital disputes.	Evaluating critical media accuracy, reporting exploitation, and managing systemic online risks.
Being Safe	Recognising proper and improper touch; knowing key trusted adults to seek out.	Understanding the nuances of safe vs. unsafe secrets; active physical boundary agency.	Assertive consent concepts; spotting exploitation signals, and statutory legal rights metrics.

Theme 2: Physical Health & Mental Wellbeing

Strand	Key Stage 1 (Y1/2)	Lower Key Stage 2 (Y3/4)	Upper Key Stage 2 (Y5/6)
Mental Wellbeing	Naming foundational emotions; core self-regulation strategies and simple mindfulness.	Connecting physical and mental links; developing failure resilience mechanics.	De-stigmatising broader mental struggles; managing deep secondary transitional anxieties.
Physical Health & Fitness	Importance of regular active play, basic hydration needs, and sound sleep choices.	Sedentary lifestyle risks; tracking basic metabolic and physical energy loops.	Owning long-term lifestyle habits; tracking holistic physical health links systematically.
Healthy Eating & Substances	Categorising whole food groups; basic home product safety guidelines.	Analysing balanced nutrition; early understanding of medical prescriptions.	In-depth facts on alcohol, smoking, vaping; evaluating substance pressure matrices.
Health & Prevention	Effective hand hygiene routines; basic dental hygiene and sleep hygiene values.	Foundational first aid steps (burns/scrapes); understanding immunisation.	Emergency critical response procedures (CPR, shock); checking disease risk factors.
Changing Adolescent Body	Naming accurate outer biological body parts; respecting general biological privacy.	Early emotional shifts; predicting upcoming growth patterns and life changes.	Full scale puberty mechanics, menstruation support, and body image resilience.