

PSHE Matters

A PSHE Curriculum
for Primary Schools
2026

Why does PSHE Matter?

PSHE Matters because it plays a key role in pupil wellbeing, safeguarding, and preparation for adult life. It provides the opportunity to develop knowledge, skills and values that our children and young people need, to live, grow and thrive with confidence.

A growing body of research shows us that pupils with better health and wellbeing are likely to achieve better academically, and that positive mental health and healthy relationships are essential for higher brain function that supports learning. PSHE education can support children and young people to achieve their potential by supporting their wellbeing and tackling issues that can affect their ability to learn.

PSHE education can also help pupils to develop skills like teamwork, communication, and resilience - that are crucial to navigating the challenges and opportunities of the modern world and are increasingly valued by employers.

Safeguarding is a key element of PSHE education as pupils learn about their own identity, risks, decision-making and how to seek help and support. Good relationships with their peers and trusted adults are a key protective factor in keeping children safe.

PSHE Matters enables schools to fulfil their statutory duties to deliver updated statutory Relationship and Health Education, and non-statutory subjects such as sex education and economic wellbeing. PSHE education delivery provides evidence for key Ofsted judgements, particularly 'personal development and wellbeing' and safeguarding.

PSHE Matters strives to:

- promote best Personal Social, Health and Economic Education (PSHE) practice.
- build on established practice in primary schools.
- present a spiral curriculum which is easy to understand and accessible to all.
- increase teacher confidence, particularly around teaching sensitive issues.
- impact positively on the school ethos/culture.
- help prepare pupils for life and work by developing 'Skills for Life'.
- provide an integrated framework for delivery of Relationships Sex and Health Education.