

PSHE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and My Relationships	Valuing Difference	Being My Best	Keeping Myself Safe	Rights and Responsibilities	Growing and Changing
Whole School Initiatives	Walk to School Week/ Road Safety Week	Firework safety Anti-Bullying Week Children in Need/ Bring and Buy	Safer Internet Day Children's Mental Health Week	Fair Trade	Sun Awareness Day Water Safety Mental Health Week	Rail Safety Money Week Transitions NSPCC Visit and workshop: (Underwear rule)
Nursery	Marvellous Me Im special People who are special to me	Me and my friends Friends and family Including everyone	What does my body need? I can keep trying I can do it!	People who help me and keep me safe Safety Indoors and Outdoors What's safe to go into my body	Looking after myself Looking after others Looking after my environment	Growing and changing in nature When I was a baby Girls, boys and families
Pre-School	Marvellous Me Im special People who are special to me	Me and my friends Friends and family Including everyone	What does my body need? I can keep trying I can do it!	People who help me and keep me safe Safety Indoors and Outdoors What's safe to go into my body	Looking after myself Looking after others Looking after my environment	Growing and changing in nature When I was a baby Girls, boys and families
Reception	What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Growth Mindset Healthy eating Hygiene and health Cooperation	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Cycles Life stages Girls and boys – similarities and difference
Year 1	Feelings Getting help Classroom rules	Recognising, valuing and celebrating difference	Growth Mindset Healthy eating Hygiene and health Cooperation	How our feelings can keep us safe – including online safety	Taking care of things: Myself My money My environment	Getting help Becoming independent

	Special people Being a good friend	Developing respect and accepting others Bullying and getting help		Safe and unsafe touches Medicine Safety Sleep		My body parts Taking care of self and others
Year 2	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Celebrating difference People who help us Listening Skills	Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation Online safety Looking after money – saving and spending	Life cycles Dealing with loss Being supportive Growing and changing Privacy
Year 3	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Recognising and respecting diversity Being respectful and tolerant My community	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Managing risk Decision-making skills Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets
Year 4	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Having choices and making decisions about my health Taking care of my environment My skills and interests	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Body changes during puberty Managing difficult feelings Relationships including marriage
Year 5	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community	Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending	Managing difficult feelings Managing change How my feelings help keeping safe Getting help
Year 6	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying	Aspirations and goal setting Managing risk	Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)	Understanding media bias, including social media Caring: communities and the environment	Coping with changes Keeping safe Body Image Sex education Self-esteem

		Understanding Bystander behaviour Gender stereotyping	Looking after my mental health		Earning and saving money Understanding democracy	
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