



## PSHE Long Term Plan

Term	Autumn			Spring			Summer								
My Happy Mind	Meet Your Brain		Celebrate	Appreciate		Relate	Engage								
Nursery	Remember rules	Select and use activities and resources	Become more outgoing with unfamiliar people	Develop a sense of responsibility and membership of a community	Develop appropriate ways of being assertive	Find solutions to conflicts and rivalries									
	Play with one or more children														
	Talk about their feelings														
	Being increasingly independent about meeting their own needs														
Reception	Remember rules	Express their feelings and consider the feelings of others	Show resilience and perseverance in the face of challenge	Think about the perspective of others	Work and play cooperatively and take turns	Give focused attention to what the teacher says and following instructions involving several actions									
	Play with one or more children														
	Understand how others may be feeling														
	Manage their own needs														
	Build constructive and respectful relationships	Identify and moderate their own feelings socially and emotionally	Living in the wider world	Health and wellbeing											
	Know and talk about different factors that support their overall health and wellbeing				See themselves as a valuable individual										
	Relationships					What jobs are there in the community?	How can we stay safe online?	What are the rules in our community?	How can rules keep us safe?	How can we keep healthy?	How am I unique?				
	Year 1											What is a family?	How can we keep ourselves safe?	How can we show respect?	
Year 2	How can I be a good friend?	How can we keep ourselves safe?	How can we show respect?	How can we keep our money safe?								How can we stay safe online?	What is our community like?	How can I keep safe in the community?	How can we keep healthy?
Year 3	What makes a family?	How can we keep ourselves safe?	How can we show respect?	What jobs could we have in the future?	How can we stay safe online?							What are my rights in the community?	How can I keep safe?	How can we make healthy choices?	How can I grow my resilience?
Year 4	How can I be a positive friend?	How can we keep ourselves safe?	How can we show respect?	How can we keep our money safe?	How can we stay safe online?	What makes a community?	How do medicines keep us safe?	How can we keep healthy?	How am I changing?						
Year 5	How do we include our friends?	How can we keep ourselves safe?	How can we show respect?	What are my interests and aspirations?	How can we stay safe online?	How can we show compassion in our community?	How can we keep ourselves and others safe?	How can we keep healthy?	How are we unique?						
Year 6	What is a healthy relationship?	How can we keep ourselves safe?	How can we show respect?	What roles does money have?	How can we stay safe online?	How can we value diversity in our community?	How can I keep safe?	How can we keep mentally healthy?	What happens next?						