

PSHE LTP 2026 - 2027

	HEALTH AND WELLBEING		RELATIONSHIPS		LIVING IN THE WIDER WORLD	
	Autumn 1 Healthy Lifestyles • Health	Autumn 2 Drug Education Keeping Safe • Health	Spring 1 Relationship and Sex Education • Personal • Social	Spring 2 Healthy Lifestyles • Health	Summer 1 Responsible Citizens Identity • Economic • Social • Personal	Summer 2 Financial Education Transition • Economic
Mindmate	Introduction Feeling Good and Being Me	Being Same and Being Different	Life Changes	Friends and Family	Strong Emotions	Solving Problems
British Value	Democracy	Individual Liberty	Mutual respect and tolerance of different cultures and religions.	Mutual respect and tolerance of different cultures and religions.	Rule of Law	Democracy
Protected Characteristics	Religion or Belief, Age, Gender	Age,	Gender, Marriage Civil Partnership, Race Religion	Religion or Belief, Disability, Gender	Age, Gender,	Gender, Age
Skills Builder	Listening	Speaking	Teamwork	Creativity	Planning	Adapting
Pol Ed	Keeping Safe		Relationships		Understanding the Law	
Visitors Trips Key Dates	International Democracy Day Bikeability Year 6 Local Councillor link to democracy	D Side Whole School Anti Bullying Week PCSO Foundation Stage Savings Christmas Club	Ten Ten Resource Chinese New Year Safer Internet Day Children's Mental Health Week Visit to a Mosque Year 6 RSHE parent meeting Year 5 and 6	Ten Ten Resource Whole School Take Over Day Choices Workshop	Recycling Earth Day Cultural Day Visit to a Synagogue Year 2 Visit to a Gurdwara Year 3	Health Week linked to Sports Day
Reception	Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.		Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.	Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers.	The world around me.	Financial Education Young Money Transition

Year 1	Keeping the body healthy	Keeping safe and managing risk	Myself and others Feelings	Making friends	How can I be responsible? What do the police do?	Looking after my money
	• Healthy food and drinks • Keeping clean • Exercise, sleep and rest	• safety in familiar situations • about personal safety • about people who help keep them safe outside the home	To know how important everyone is. to develop an understanding of the importance of valuing themselves as the basis for personal relationships.	How can we be a good friend? What makes a good friend? Session 1: <i>God Loves You</i> Session 1: <i>Special People</i> Session 2: <i>Treat Others Well...</i> Session 3: <i>...and Say Sorry</i> Session 1: <i>Good and Bad Secrets</i> Session 4: <i>Can You Help Me? (Part 1)</i> Session 5: <i>Can You Help Me? (Part 2)</i> Session 2: <i>Who is My Neighbour?</i> Session 1: <i>The Communities We Live In</i>	How can I be responsible? What happens when rules are broken? What do the police do?	• about where money comes from and making choices when spending money • about saving money and how to keep it safe • about the different jobs people do
Year 2	Making choices for healthy life Body image and self esteem	Medicines	Families	Taking care of one another	What can happen when rules are broken? How can I be responsible?	How can we save money through wants and needs
	• My body is special • Building self esteem • Making healthy choices	• why medicines are taken • where medicines come from • about keeping themselves safe around medicines	Session 1: <i>I Am Unique</i> Session 1: <i>Feelings, Likes and Dislikes</i> Session 2: <i>Feeling Inside Out</i> Session 3: <i>Super Susie Gets Angry</i> Session 1: <i>The Cycle of Life</i> Session 2: <i>Beginnings and Endings</i> Session 1: <i>Real Life Online</i> Session 2: <i>Rules To Help Us</i> Session 1: <i>The Communities We Live In</i>	• about making friends and who can help with friendships • about solving problems that might arise with friendships	How can I be responsible? What happens when rules are broken? What do the police do?	To know the difference between paying for something we want and something we need. To recognise why we need to spend money. I know how to keep my money safe. I know how different jobs pay different amounts of money.
Year 3	Eating healthily being active	Smoking	What is happening to me?	Feelings and relationship	How can I be a responsible citizen? What are the rights of a child?	Developing economic wellbeing

	• what does healthy eating mean? • Being active • Making healthy choices.	• the definition of a drug and that drugs (including medicines) can be harmful to people • about the effects and risks of smoking tobacco and secondhand smoke • about the help available for people to remain smoke free or stop smoking	Story Sessions: Get Up! Session 2: The Sacraments Story Sessions: Jesus, My Friend Session 1: Family, Friends and Others... Session 2: When Things Feel Bad	Session 3: First Aid Heroes Session 1: A Community of Love Session 2: What is the Church? Session 1: How Do I Love Others?	How do we enforce the law? How can I be a responsible citizen? What is the law and how do we use it? What are the rights of the child?	To recognise how people can keep track of their money. To appreciate a salary and what different roles earn as a wage.
Year 4 and Yr4/5	Physical health and wellbeing: What is important to me?	Alcohol	Addressing concerns about growing and changing	Resolving conflicts	Protected Characteristics How can I respect my environment?	How spending decisions help others
	• Recognising risk and staying safe. • My Body and Mind safe • Making healthy and safe choices.	• that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them • about the effects and risks of drinking alcohol • about different patterns of behaviour that are related to drug use	Session 1: What Am I Feeling? Session 2: What Am I Looking At? Session 3: I Am Thankful	Session 1: Life Cycles Session 2: A Time For Everything Session 1: A Community of Love Session 2: What is the Church?	What are the Protected Characteristics? How can I respect the environment? What can I be?	To recognise why money needs to be spent. The impact spending has positively and negatively.

Year 5	Recognising risk and responsibility Self esteem, body image	Drugs and volatile substances	Growing and changing Puberty	Friendship groups and peer pressure	How do rules help our community?	Enterprise – Community needs and wants. Use of money by government.
	- Understanding self esteem - Body image and media message - building positive body image and self esteem	- about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis - about different influences on drug use – alcohol, tobacco and nicotine products - strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol	Story Sessions: <i>Calming the Storm</i> Session 1: <i>God Is Calling You</i> Session 1: <i>Under Pressure</i> Session 2: <i>Do You Want A Piece of Cake?</i> Session 3: <i>Self-Talk</i>	Session 3: <i>Making Good Choices</i> Session 4: <i>Giving Assistance</i> Session 2: <i>Catholic Social Teaching</i> Session 1: <i>Reaching Out</i>	How do rules help our community? What can I and can't I do? What can I do on the internet? What is gambling?	How can spending be cut? Who decides on where money is spent in the local community?
Year 5/6 and 6	Personal safety	How drugs affect us	Puberty and body image.	Dealing with barriers to friendships	How can our actions assist the world around us	Enterprise – Value Added Taxes Borrowing loans
	- Recognising risk and staying safe - Personal boundaries and getting help - Personal safety online and offline	- about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs - about assessing the level of risk in different situations involving drug use - about ways to manage risk in situations involving drug use	Session 1: <i>Body Image</i> Session 2: <i>Peculiar Feelings</i> Session 3: <i>Emotional Changes</i> Session 4: <i>Seeing Stuff Online</i>	Session 4: <i>Build Others Up</i> Session 2: <i>Catholic Social Teaching</i> Session 1: <i>Reaching Out</i>	What is shop theft? What is antisocial behaviour? What are the different types of crime?	Enterprise – Value Added Taxes Borrowing loans what are they? what are they positive and negative? As part of our RSHE curriculum, sex education will be offered to Year 6 pupils linked to their transition to high school.

Books to support teaching on Protected Characteristics	
Year 1	Little Leaders Bold women in Black History by V. Harrison
Year 2	Little People Big Dreams Rosa Parks
Year 3	Little People Big Dreams Mary Anning
Year 4	Little People Big Dreams Mae Jemison Little People Big Dreams Malala Yousafzai Great women who changed the world by Kate Pankhurst
Year 4/5	Little People Big Dreams Stephen Hawking
Year 5	Little People Big Dreams Albert Einstein Little People Big Dreams Nelson Mandela
Year 5/6	Little People Big Dreams Martin Luther King
Year 6	Little People Big Dreams Alan Turing