



PSHE Long Term Plan



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Relationships How can I be a good friend? How can I make other children feel happy? How can I play nicely with others? How can adults at school help me? .	Keeping safe How can I play safely? How can I keep safe at school? How can I keep safe at home?	Internet Safety In line with online safety day- bespoke week planned each year with computing lead	Understand the World/Law What are rules? What are consequences? What can I do if I'm feeling big emotions? Who are the police and how do they help us?	Wellbeing How can I be a germ buster? How does exercise help me? How does food help me?	RSE Week To recognise the importance of friendship To recognise the importance of saying sorry To recognise that all families are different
Year 1	Relationships Why are safe hands important? What is bullying? How can I be an ally? How can I make friends? Why is name calling unkind? What if my friends are making me feel sad?	Keeping safe How can I use things at home safely? What is private information? Who are my trusted adults? How can I keep safe in new places? How can I speak up? What is 999? <i>St John's first aid lesson- calling for help</i>	Internet Safety In line with online safety day- bespoke week planned each year with computing lead	Understand the World/Law How can I be responsible? What can happen when rules are broken? What do the police do? Why have different rules in different places?	Wellbeing How can I be an empathy expert? How can I share my feelings? What do feelings feel like? What makes me special? <i>PSHE Association- the importance of handwashing</i>	RSE WEEK To understand that we are all different but can still be friends To discuss how children grow and change To explore different types of families and who to ask for help To identify who can help when families make us feel unhappy or unsafe
Year 2	Relationships How do I share family worries? How are we the same? How are we different? How can I work with different people? What is a family? Why are relationships important?	Keeping safe What are different types of meetings? What are medicines? What are private body parts? What is fire safety? How can I keep safe online? <i>St John's first aid lesson- allergies</i> PSHE Association- Rail safety	Internet Safety In line with online safety day- bespoke week planned each year with computing lead	Understand the World/Law What are needs and wants? What is a job? What is money? What is the internet? Why does age matter?	Wellbeing How can I deal with change? How can I look after my body? What are the risks of video gaming? What does it mean to be healthy? When do I need to take a break? Why is sleep important?	RSE WEEK To introduce the concept of gender stereotypes To identify differences between males and females To explore some of the differences between males and females and to understand how this is part of the lifecycle To focus on sexual difference and name body parts

Year 3	Relationships What do we mean by consent in friendships? What is bullying? How should we treat people? What can I do when friendships go wrong? Who are my key people?	Keeping safe What do we mean by risk? What are emergency services? How can I share my worries? What are emergency situations? When should I break a secret? <i>St John's first aid lesson- Asthma</i>	Internet Safety In line with online safety day- bespoke week planned each year with computing lead	Understand the World/Law How do we enforce the law? How can I be a responsible citizen? What is the law and why do we have it? What are children's rights?	Wellbeing How can intense feelings feel? How can vaccinations support our health? How does school help me? What am I good at? What is mental health? What words can I use to talk about my feelings? <i>PSHE Association- Dental hygiene: How can I look after my teeth?</i>	RSE WEEK To identify that people are unique and to respect those differences To explore the differences between male and female bodies To consider appropriate and inappropriate physical contact and consent To explore different types of families and who to go to for help and support
Year 4	Relationships What is discrimination? How can we be role models? What is a healthy friendship? What is diversity? What is peer influence? Who makes up my community?	Keeping safe How can we keep safe on the road? How can I keep safe in my local area? What are hazards in the home? What is first aid? Who do I encounter? <i>St John's first aid lesson- head injuries</i>	Internet Safety In line with online safety day- bespoke week planned each year with computing lead	Understand the World/Law What are protected characteristics? What is hate crime? How can I respect my environment? What can I be?	Wellbeing How can I be a hygiene hero? How do my choices help me to be healthy? How does school build my character? What are healthy habits? Why is food fuel? What is my body trying to tell me? <i>PSHE Association- Managing drugs safely (vacines)</i>	RSE WEEK To explore the human lifecycle To identify some basic facts about puberty To explore how puberty is linked to reproduction To explore respect in a range of relationships To discuss the characteristics of healthy relationships
Year 5	Relationships What is grooming? How can my adult relationships affect my future? How do words have power? What are my personal boundaries? What are online friendships? What is media influence? What is peer pressure?	Keeping safe How can we use our phones sensibly? How can we keep our things safe? What are deep fakes? What are the risks with money? What do I know about drugs? Why are our special people important? What is media literacy? <i>St John's first aid lesson- Choking</i>	Internet Safety In line with online safety day- bespoke week planned each year with computing lead	Understand the World/Law How do rules help our community? What can and can't I do on the internet? What is gambling?	Wellbeing How might drugs and alcohol make people feel? How might being online impact the way I feel? How might my activity levels impact the way I feel? How might puberty impact the way I feel? How might school impact the way I feel? What is my personal identity?	RSE WEEK To explore the emotional and physical changes occurring in puberty To understand male and female puberty changes in more detail To explore the impact of puberty on the body and the importance of physical hygiene To explore ways to get support during puberty

Year 6	Relationships How can I get ready for secondary relationships? How can we be allies against racism? How can we challenge sexism? How can we respect different relationships? What is a debate? What is my relationship with authority?	Keeping safe What is the issue with addiction? (Vaping/Smoking) What is spiking? How is my data shared? Why does media have age restrictions? Bonfire Night & Firework Safety Lesson Halloween: Trick or treat? <i>St John's first aid lesson- burns and scolding/bleeding</i>	Internet Safety In line with online safety day- bespoke week planned each year with computing lead Extra- OAK ACADEMY: Online motivations and bias	Understand the World/Law What is shop theft? What is anti-social behaviour? What are the different types of crime? What does the law say about legal drugs? What does the law say about marriage? What is a weapon?	Wellbeing How can I manage moving to high school positively? How can I re-frame my thinking? How can I seek support for my mental health? What does adulthood look like? What is grief?	RSE WEEK To consider puberty and reproduction Exploring the importance of communication and respect in relationships To consider different ways people might start a family To explore positive and negative ways of communicating in a relationship
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