



Moredon Primary and Nursery School
Subject Overview, Long term plan 2026-2027
Subject area: PSHE

Intent: At Moredon, PSHE is always at the centre of our learning. We aim for our pupils develop the skills, attitudes and beliefs in order for them to become successful and healthy in life. PSHE is taught on a weekly basis from EYFS to Year 6 in order to embed and integrate a wealth of knowledge and understanding of the children themselves, their peers, families and the wider society around them. It is our goal that the children of Moredon become morally, intellectually, emotionally, socially and spiritually secure and we ensure this is done with lessons that inspire healthy discussions and sharing of experiences and personal views. To fit with our whole school ethos, *“Your learning journey to new horizons”* we provide strategies as well as a safe and secure place for children to learn, develop and grow mentally and physically. PSHE at Moredon is relevant and inclusive to all the beliefs, circumstances, experiences and strengths of every child and is of paramount importance in preparing our children for the ever changing and diverse world they are growing up in, in order for them to show resilience, acceptance and pride in themselves and others every day.

	Nursery	Reception	Year 1	Year 2	Year 3/4	Year 5	Year 6
Term 1 Being me in my world	-Self-identity -Understanding feelings -Being in a classroom -Being gentle -Rights and responsibilities -Identifying talents -Being special -Families -Where we live -Making friends -Standing up for yourself -Challenges -Perseverance -Achieving and setting goals -Overcoming obstacles -Seeking help -Jobs -Exercising bodies -Physical activity -Healthy food	-Self-identity -Understanding feelings -Being in a classroom -Being gentle -Rights and responsibilities -Identifying talents -Being special -Families -Where we live -Making friends -Standing up for yourself -Challenges -Perseverance -Achieving and setting goals -Overcoming obstacles -Seeking help -Jobs -Exercising bodies -Physical activity -Healthy food -Sleep	-Feeling special and safe -Being part of a class -Rights and responsibilities -Rewards and feeling proud -Consequences -Owning the learning charter	-Hopes and fears for the year -Rights and responsibilities -Rewards and consequences -Safe and fair learning environment -Valuing contributions -Choices -Recognising feelings	-Setting personal goals -Self-identity and worth -Positivity in challenges -Rules, rights and responsibilities -Rewards and consequences -Responsible choices -Seeing things from others' perspectives -Being part of a class team -Being a school citizen -Rights, responsibilities and democracy (school council) -Rewards and consequences -Group decision-making -Having a voice	-Planning the year ahead -Being a citizen -Rights and responsibilities -Rewards and consequences -How behaviour affects groups -Democracy, having a voice, participating	-Identifying goals for the year -Global citizenship -Children's universal rights -Feeling welcome and valued -Choices, consequences and rewards -Group dynamics -Democracy, having a voice -Anti-social behaviour -Role-modelling

	-Sleep -Keeping clean	-Keeping clean -Safety			-What motivates Behaviour		
Term 2 Celebrating Difference	-Safety -Family life -Friendships -Breaking friendships -Falling out -Dealing with bullying -Being a good friend -Bodies -Respecting my body -Growing up -Growth and change -Fun and fears -Celebrations	-Family life -Friendships -Breaking friendships -Falling out -Dealing with bullying -Being a good friend -Bodies -Respecting my body -Growing up -Growth and change -Fun and fears -Celebrations	-Similarities and differences -Understanding bullying and knowing how to deal with it -Making new friends -Celebrating the differences in everyone	-Assumptions and stereotypes about gender -Understanding bullying -Standing up for self and others -Making new friends -Celebrating difference and remaining friends	-Families and their differences -Family conflict and how to manage it (child-centred) -Witnessing bullying and how to solve it -Recognising how words can be hurtful -Giving and receiving -Compliments -Challenging assumptions -Judging by appearance -Accepting self and others -Understanding influences -Understanding bullying -Problem-solving -Identifying how special and unique everyone is -First impressions	-Cultural differences and how they can cause conflict -Racism -Rumours and name calling -Types of bullying -Materials wealth and happiness -Enjoying and respecting other cultures	-Perceptions of normality -Understanding disability -Power struggles -Understanding bullying -Inclusion/exclusion -Differences as conflict, difference as celebration -Empathy
Term 3 Dreams and Goals			-Setting goals -Identifying successes and achievements -Learning styles -Working well and celebrating achievement with a partner -Tackling new challenges -Identifying and	-Achieving realistic goals -Staying healthy to achieve goals -Perseverance and strengths -Learning with others -Group co-operation -Contributing to and sharing success	-Difficult challenges and achieving success -Dreams and ambitions -Motivation and enthusiasm -Recognising and trying to overcome obstacles -Evaluating learning -Processes -Contributing to the	-Future dreams -Spending, saving and value of money -Jobs and careers -Dream job and how to get there -Goals in different cultures -Supporting others (charity) -Motivation	-Personal learning goals, in and out of school -Success criteria -Emotions in success -Making a difference in the world -Motivation -Recognising achievements -Compliments

			- overcoming obstacles -Feelings of success		- community -Managing feelings -Simple budgeting -Hopes and dreams -Overcoming disappointment -Creating new realistic dreams -Achieving goals -Working in a group -Celebrating contributions -Resilience -Positive attitudes		
Term 4 Healthy Me			-Keeping myself healthy -Healthier lifestyle choices -Keeping clean -Being safe -Medicine safety/ safety with household items -Road safety -Linking health and happiness	-Motivation -Healthier choices -Healthy eating and nutrition -Safety in the home -Safety out and about -Medicines	-Exercise -Food labelling and healthy swaps -Attitudes towards drugs -Keeping safe online and o line -Respect for myself and others -Healthy and safe choices outdoors -Water safety -Asking for help -Healthier friendships -Peer influences -Railway safety -Staying safe with friends -Smoking -Alcohol and vaping -Assertiveness -Peer pressure -Celebrating inner strength	-Smoking including vaping -Alcohol and vaping -Alcohol and anti-social behaviour -Emergency aid -Body image -Relationships with food -Healthy choices -Motivation and behaviour	-Taking personal responsibility -How substances affect the body -Exploitation including 'county lines' and gang culture -Emotional and mental health -Managing stress
Term 5 Relationships			-Belonging to a family -Making friends/being a good friend	-Different types of family -Physical contact boundaries	-Family roles and responsibilities -Friendship and negotiation	-Self-recognition/ self-worth -Building self-esteem -Safer online communities	-Mental health -Identifying mental health worries and sources of support -Love and loss

			-Physical contact preferences -People who help us -Qualities as a friend and person -Self-acknowledgement -Being a good friend to myself -Celebrating special relationships	-Friendship and conflict -Secrets -Trust and appreciation -Expressing appreciation for special relationships	-Keeping safe online and who to go to for help -Media influence -Being a global citizen -How my choices affect others -Awareness of other children's different lives -Expressing appreciation for family and friends -Jealousy -Love and loss -Memories of loved ones -Getting on and Falling Out -Girlfriends and Boyfriends -Showing appreciation to people and animals	-Rights and responsibilities online -Online gaming and risks -Reducing screen time -Dangers of online grooming -Internet safety rules	-Managing feelings -Power and control -Assertiveness -Technology safety -Take responsibility with technology use
Term 6 Changing me			-Life cycles – animal and human -Changes in me -Changes since being a baby -Differences between female and male bodies (correct terminology) -Linking growing and learning -Coping with change -Transition	-Life cycles in nature -Growing from young to old -Increasing independence -Differences in female and male bodies (correct terminology) -Assertiveness -Preparing for transition	-How babies grow -Outside body changes -Inside body changes -Personal hygiene -Family stereotypes -Challenging my ideas -Preparing for transition -Being unique -Girls and puberty -Being part of a family -Confidence in change -Accepting change -Preparing for transition -Environmental change	-Self- and body image -Influence of online and media on body image -Puberty for girls -Puberty for boys -Conception (including IVF) -Growing responsibility -Coping with change -Preparing for transition	-Self-image -Body-image -Puberty and feelings -Conception to birth -Reflections about change -Physical attraction -Respect and consent -Boyfriends/girlfriends -Sexting -Transition
Additional Enrichment Opportunities	-Trip to Farmer Gows	-Trip to Cotswold Wildlife Park -5 ways to wellbeing	-Trip to Cotswold Wildlife Park -5 ways to wellbeing	-Trip to Butterfly World -5 ways to wellbeing	-Trip to Chessington World of Adventures -5 ways to wellbeing	-Mini Police -Trip to Legoland -5 ways to wellbeing	-Junior Good Citizen -UTURN workshops -PCSO visit

	-Police and Fire visit -5 ways to wellbeing -Classroom wellbeing boxes	-Classroom wellbeing boxes	-Classroom wellbeing boxes	-Classroom wellbeing/worry boxes	-Classroom wellbeing/worry boxes	-Classroom wellbeing/worry boxes -HSBC Financial literacy workshop	-5 ways to wellbeing -Classroom wellbeing/worry boxes -HSBC Financial literacy workshop
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