

PSHE Long Term Plan 2025 – 2026

	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
Blossom	I can talk about who is in my family and play with one or more other children, extending and elaborating play ideas.	I can give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.	I can set and work towards simple goals, being able to wait for what I want and control their immediate impulses when appropriate.	I can say some of my classroom rules.  I understand rules help to keep us safe.	I understand that the computer can be used to search for a topic.  I am beginning to understand how to use digital devices to communicate with others.	I understand what money is and what it looks like.  I understand that money can be saved or spent.	I can talk about my feelings using words like 'happy', 'sad', 'angry' or 'worried'.  I am gradually understanding how others might be feeling.	I am becoming more able to be increasingly independent in meeting my own care needs, e.g. brushing teeth, washing and drying hands thoroughly.	I can increasingly follow rules, understanding why they are important.  I can remember rules without needing an adult to remind them.
Willow	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
Sycamore	Roles of different people; families; feeling cared for Making friends;	Recognising privacy; staying safe; seeking permission Managing secrets; resisting pressure and getting help;	How behaviour affects others; being polite and respectful Recognising things in common and differences; playing and working cooperatively	What rules are; caring for others' needs; looking after the environment being the same and different in the community	Using the internet and digital devices; communicating online The internet in everyday life; online	Strengths and interests; jobs in the community What money is; needs and wants;	Keeping healthy; food and exercise, hygiene routines; sun safety Why sleep is important; medicines and keeping healthy including teeth	Recognising what makes them unique and special; feelings; managing when things go wrong moving class or year	How rules and age restrictions help us; keeping safe online environments; risk and safety at home; emergencies

Beech	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies
Year 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
Year 4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respect fully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM
Year 5/6	Managing friendships	Physical contact and feeling safe	Responding respectfully to a wide range	Protecting the environment;	How information	Identifying job interests	Healthy sleep habits; sun safety,	Personal identity,	Keeping safe in different situations,

	and peer influence, relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	of people, recognising prejudice and discrimination Expressing opinions and respecting other points of view;	compassion towards others Valuing diversity, challenging discrimination and stereotypes	online is targeted, different media types, their role and impact Evaluating media sources; sharing things online	and aspirations, what influences career choices, workplace stereotypes Influences and attitudes to money, money and financial risks	medicines, vaccinations, immunisations and allergies What affects mental health and ways to take care of it; managing change, loss and bereavement	recognising individuality and different qualities; mental wellbeing Human changes from birth to old age, Puberty development	including responding in emergencies, first aid drug use and the law; drug use and the media,
Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media