



The Meadows School

Long term planning – PSHE

Engagement for Life	Foundations for Life	Learning for Life	Options for Life
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Key stage 3: Year 1 2025-2026

Autumn 1 Relationships	Autumn 2 Living in the Wider World	Spring 1 Health and Wellbeing	Spring 2 Relationships	Summer 1 Living in the Wider World	Summer 2 Health and Wellbeing
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PSHE Framework links					
Getting on with others: SA5	Taking care of the environment: WILI 4	Baby to adult: CG1	Playing and working together: SA 3	Personal strengths: SA 1	Taking care of ourselves: SSS 1
Keeping safe online: SSS 4		Healthy eating: HL1	Respecting differences between people: WILI 1	Skills for learning: SA 2	Taking care of physical health: HL 2

What makes me smile? R1	How do I say hello/goodbye? L2	How do I say I like that? H1	How do I say yes/no? R3	How do I make a choice? L2	How do I say I don't like that? H1
Playing together R2	How do I communicate? L2	Sense of taste H4	Sharing R3	Preferences L5	Hands and feet H3
Who makes me happy? R1	Looking after my belongings L1	Healthy food and drink choices H4	Playing and working together, including online R4	Skills I need L5	Taking care of me H3
Getting on with others, including online R3	Looking after my environment L1	Growing up H8	Respecting similarities and differences R3	Setting personal goals L5	Personal care H6

Key stage 3: Year 2
2026-2027

Autumn 1 Relationships	Autumn 2 Living in the Wider World	Spring 1 Health and Wellbeing	Spring 2 Relationships	Summer 1 Living in the Wider World	Summer 2 Health and Wellbeing
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PSHE Framework links					
Prejudice and discrimination: SA 3 Friendship: CG 2	Things we are good at: SA 1 Money: WILI 6	Changes at puberty: CG 2	Keeping safe online: SSS 4	Things we are good at: SA 1 Jobs people do: WILI 2	Feeling unwell: SSS 1

My helpers in school R1	My music L2	My body H3	My peers R3	My art L2	My wellbeing H1
Kindness R2	Taking turns L2	Moving my body H3	Familiar people R3	Exploration L3	Basic personal care H3
Cooperating with others R3	Things I enjoy L2	Naming body parts H3	Appropriate behaviours, including online R5	Things I am good at L5	Personal hygiene routines H3
Attributes of a good friend, inc. social media R4	What would I like to buy? L4	Physical and emotional changes including puberty H8	Self-esteem R7	Jobs in my community L5	Mental and emotional wellbeing H1

Key stage 3: Year 3
2027-2028

Autumn 1 Relationships	Autumn 2 Living in the Wider World	Spring 1 Health and Wellbeing	Spring 2 Relationships	Summer 1 Living in the Wider World	Summer 2 Health and Wellbeing
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PSHE Framework links					
People who are special to us: SA 4	Keeping safe online: SSS 4	Keeping safe Public and private: SSS 5 Dealing with touch: CG 3	Different types of relationships:	Feeling frightened/worried: SSS 2	Taking care of ourselves: SSS 1

People who help and look after me R1	Using my switches L2	My movements H3	Making my choices R5	My eyes and ears L3	Keeping clean H3
Being kind R2	Cause and effect L3	Safety in school H6	Helping others R2	Making things happen L3	Personal care routines H3
Roles of family members R6	How technology can help us L3	Public and private H6	Sharing opinions R3	People who help us in the community L2	Body parts and Genitalia H8
What makes a family R6	Technology in everyday life, including internet L3	Touch H9	Respectful relationships R3	Using different types of technology safely, inc. internet L3	Taking care of physical health H6

Key Stage 4: Year 1
2025-2026

Autumn 1 Relationships	Autumn 2 Living in the Wider World	Spring 1 Health and Wellbeing	Spring 2 Relationships	Summer 1 Living in the Wider World	Summer 2 Health and Wellbeing
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PSHE Framework links					
Kind and unkind behaviours: SA 2	Rules and laws: WILI 3 Money: WILI 6	Personal strengths: SA 1	Identifying and expressing feelings: MF 1 Different types of relationships: CG 4	Rules and laws: WILI 3	Feeling unwell: SSS 1

My feelings R1	My favourite activity L2	My uniqueness H1	My happiness R5	My routine L1	My favourite spaces H1
Kindness R2	Classroom rules L1	This is me H1	Similar and different R3	My rights L1	My exercise H3
Kind and unkind comments R3	Money rules L4	Personal strengths H3	Recognising bullying, inc. online R5	Rights and responsibilities L1	Healthy choices, healthy habits H6
Different types of relationships, including online R4	Making decisions about money L4	Maintaining a balanced lifestyle H6	Respectful relationships including friendships R7	Rules and laws L2	Managing feeling unwell H7

Key Stage 4: Year 2
2026-2027

Autumn 1 Relationships	Autumn 2 Living in the Wider World	Spring 1 Health and Wellbeing	Spring 2 Relationships	Summer 1 Living in the Wider World	Summer 2 Health and Wellbeing
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PSHE Framework links					
People who are special to us: SA 4	Accidents and risks: SSS 3	Jobs people do: WILL 2	Managing strong feelings: MF 2 Managing pressure: SA 4	Keeping safe: SSS 2 Keeping safe online: SSS4 Feeling frightened/worried: SSS 2	Keeping well: HL 3 Belonging to a community: WILL 5 Feeling unwell: SSS 1

My family R1	My senses L2	My preferences H1	My friends R2	My safety L1	My community H1
What makes a family R1	Community helpers L2	My wishes H1	Who do I like to be with? R2	Being safe in the community L2	A walk in the park H3
Family relationships R6	Accidents and risks, including online L3	Who do I admire? L6	Close relationships R3	Basic first aid H7	Medicines, vaccinations and household products H5
Different types of families R6	Personal information, including sharing online L3	Dreams and goals L6	Managing hurtful behaviour inc. bullying Managing strong feelings R5	Online safety, including social media L3	Drugs, alcohol, tobacco, vaping. Where to go to for support. H6

Key Stage 5: Year 1
2025-2026

Autumn 1 Relationships	Autumn 2 Living in the Wider World	Spring 1 Health and Wellbeing	Spring 2 Relationships	Summer 1 Living in the Wider World	Summer 2 Health and Wellbeing
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PSHE Framework links					
Self-esteem and unkind comments: MF 1	Belonging to a community: WILL 5	Mental wellbeing: HL 2	Prejudice and discrimination: SA 3 Healthy/unhealthy relationship behaviours: CG 3	Respecting differences between people: WILL in 1	Taking care of ourselves: SSS 1 Healthy eating: HL 1

Interacting with others R1	Communicating choices L1	Massage and relaxation H3	Listening R3	Celebrating individuality L1	Sensory choices H6
Respect R3	I can help others L2	How I relax H1	Listening and responding R3	Celebrating differences L1	Healthy options H6
Forming and maintaining respectful relationships, including online R3	Being a global citizen L2	Leisure choices H8	Healthy and unhealthy relationship behaviours R5	Celebrating diversity L2	My relationship with food H4
Managing personal feelings and asking for help R2	Preparing for adulthood inc. wants and needs L4	Healthy routines, including inc. sleep and time spent online H2	Respecting and understanding diversity R3	Individuality, identity L2	Taking care of mental health H1

Key Stage 5: Year 2
2026-2027

Autumn 1 Relationships	Autumn 2 Living in the Wider World	Spring 1 Health and Wellbeing	Spring 2 Relationships	Summer 1 Living in the Wider World	Summer 2 Health and Wellbeing
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PSHE Framework links					
Managing pressure: SA 4	Keeping safe online: SSS 4	Taking care of physical health: HL 2	Feeling frightened/worried: SSS 2	Preparing for adulthood: WILI 4 Gambling: SSS 7	Elements of a healthy lifestyle: HL 1 Mental wellbeing: HL 2

Working with a partner R1	Exploring technology L3	Exploring my rights H6	Working in a group R1	Exploring the world of work L5	Options H6
Cooperating with peers R7	Technology in the community L2	My rights to be healthy H6	Personal space R3	Going shopping L2	How I choose to relax H3
Personal boundaries R7	Keeping safe in different environments including being smart online L3	Different elements of a healthy lifestyle inc. sun protection H6	Physical contact and feeling safe R5	Different jobs and skills L5	Mental and physical health and prevention H6
Understanding peer influence R7	How information is stored and shared online L3	Drugs, alcohol, tobacco, vaping H5	Bullying, abuse and discrimination R5	Managing finances including online gambling L5	Sleep and exercise H6

Key Stage 5: Year 3
2027-2028

Autumn 1 Relationships	Autumn 2 Living in the Wider World	Spring 1 Health and Wellbeing	Spring 2 Relationships	Summer 1 Living in the Wider World	Summer 2 Health and Wellbeing
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PSHE Framework links					
Trust: SSS 3 Intimate relationships, consent and contraception: CG 4	Taking care of the environment: WILI 4 Belonging to a community: WILI 5	Elements of a healthy lifestyle: HL 1	Strong feelings: MF 2 Intimate relationships, consent and contraception: CG 4	Emergency situations: SSS 5	Mental wellbeing: HL 2 Physical activity: HL 3

Giving my opinion R3	Being part of my community L2	Mind and body H6	Interactions with others R1	People who keep me safe L1	Choosing an activity H1
Making decisions R7	Looking after our community L2	Let's get physical H3	Using my voice R5	Identifying dangers L1	Choosing a physical activity H3
Recognising and managing pressure R3	Protecting the environment L1	Diet, exercise and lifestyle H3	Consent in different situations R5	Emergency situations L2	Healthy choices H6
Long term relationships and consent R7	Safety in the home and community L2	What affects physical health and how to take care of it H6	Romantic feelings and sexual attraction R7	Harmful behaviours including online L3	What affects mental health and how to take care of it H6

Key to how the topics in the LTP link to statutory guidance	
Relationships/RSE Families and people who care for me - R1 Caring friendships - R2 Respectful relationships - R3 Online relationships - R4 Being safe – R5 Families - R6 Respectful relationships including friendships – R7 Online and media – R8	Health Education Mental wellbeing – H1 Internet safety and harms – H2 Physical health and fitness – H3 Healthy eating – H4 Drugs, alcohol and tobacco – H5 Health and prevention – H6 Basic first aid – H7 Changing adolescent body – H8 Intimate and sexual relationships including sexual health H9
Key to how the topics in the LTP link to non-statutory guidance	
Living in the wider world Shared responsibilities – L1 Communities – L2 Media literacy and digital resilience – L3 Economic wellbeing: money – L4 Economic Wellbeing: Aspirations, work and career – L5	
Key to PSHE Planning Framework for SEND	
SA – Self Awareness SSS – Self-care, support and safety WILl – World I live in CG – Changing and growing HL – Healthy lifestyles MF – Managing feelings	