



PSHE Long Term Plan



2025 – 2026 – Year B

2026 – 2027 – Year A



Beech – Nursery and Reception

Nursery and Reception children are taught use the Jigsaw PSHE Scheme of work

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery (3-4yr olds) 	Being me in my world 'Who am I and how do I fit?'	Celebrating differences Respect for similarity and difference. Anti-bullying and being unique	Dreams and goals Aspirations, how to achieve goals and understanding the emotions that go with this	Healthy me Being and keeping safe and healthy	Relationships Building positive, healthy relationships	Changing Me Coping positively with change
Reception (4-5yr olds) 	Being me in my world 'Who am I and how do I fit?'	Celebrating differences Respect for similarity and difference. Anti-bullying and being unique	Dreams and goals Aspirations, how to achieve goals and understanding the emotions that go with this	Healthy me Being and keeping safe and healthy	Relationships Building positive, healthy relationships	Changing Me Coping positively with change



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2026 – 2027 – Year A



Chestnut - Year 1 & 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year A	Physical Health and Wellbeing Fun times Y1(3 lessons) <u>Additional Lessons</u> NSPCC Pants (2 lessons) + can use Pol Ed What are private body parts (Y2) Pol Ed What does it mean to be healthy? (Y2)	Keeping Safe and Managing Risk Feeling Safe Y1 (3 lessons) <u>Additional Lessons</u> What is bullying? (Y1) Why is name calling unkind? (Y1) What can happen if rules are broken? (Y1)	Mental Health and Emotional Wellbeing Feelings Y1 (3 lessons) <u>Additional Lessons -Pol Ed</u> <u>Internet Safety Week</u> What is private information? (Y1) What if my friends are making me feel sad? (Y1) How can I be an ally? (Y1)	Physical Health and Wellbeing What keeps me healthy? Y2 (3 lessons) <u>Additional Lessons -Pol Ed</u> What can I look after my body? (Y2) Why is sleep important? (Y2)	Keeping Safe and Managing Risk Indoors and Outdoors Y2 (4 lessons) <u>Additional Lessons -Pol Ed</u> What do the police do? (Y1) How can I be responsible? (Y1) What can happen when rules are broken? (Y1)	Mental Health and Emotional Wellbeing Friendship Y2 (3 lessons) <u>Additional Lessons -Pol Ed</u> What makes me special? (Y1) What do feelings feel like? (Y1) How can I share feelings? (Y1) How can I deal with change? (Y1)
	Year B	Drug, alcohol and tobacco education What do we put into and on our bodies? Y1 (2 lessons) – Can use Pol Ed *What are medicines? (Y2)* to support teaching. <u>Additional Lessons</u> NSPCC Pants (2 lessons) Pol Ed How can I keep safe in new places? (Y1) How can I use things at home safely? (Y1) Who are my trusted adults? (Y1)	Identity, society and equality Me and Others Y1 (3 lessons) <u>Additional Lessons – Pol Ed</u> <u>Anti Bullying Week</u> What is bullying? (Y1) Why are safe hands important? (Y1) How can I make friends? (Y1)	Relationships and Health Education Boys and girls, families Y2 (6 lessons) <u>Additional Lessons - Pol Ed</u> <u>Internet Safety Week</u> How can I keep safe online? (Y2) How are we different? How are we the same? (Y2) How can I work with different people? (Y2) What is a family? (Y2) How do I share family worries? (Y2) Why are relationships important? (Y2)		Drug, alcohol and tobacco education Medicines and Me Y2 (3 lessons) <u>Additional Lessons – Pol Ed</u> What is 999? (Y1) Why does age matter? (Y2)



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Sycamore - Year 3 & 4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year A	<p>Physical Health and Wellbeing What helps me choose? Y3 (3 lessons)</p> <p><u>Additional Lessons</u> NSPCC Pants 7-9 yr olds (1 lesson)</p> <p><u>Additional Lessons – Pol Ed</u> <i>How do my choices help me to be healthy? (Y4)</i> <i>What are healthy habits? (Y4)</i> <i>Why is food fuel? (Y4)</i></p>	<p>Keeping Safe and Managing Risk Bullying – see it, say it, stop it Y3 (3 lessons)</p> <p><u>Additional Lessons – Pol Ed</u> <i>Anti Bullying Week – What is bullying? (Y3)</i> <i>What do we mean by consent in friendship? (Y3)</i> <i>What can I do when friendships go wrong? (Y3)</i></p>	<p>Mental Health and Emotional Wellbeing Strengths and Challenges Y3 (3 lessons)</p> <p><u>Additional Lesson</u> Internet Safety Week</p> <p><u>Additional Lessons – Pol Ed</u> <i>What is mental Health? (Y3)</i> <i>What am I good at? (Y3)</i> <i>How can intense feelings feel? (Y3)</i></p>	<p>Physical Health and Wellbeing What is important to me? Y4 (3 lessons)</p> <p><u>Additional Lessons – Pol Ed</u> <i>How can I be a hygiene hero? (Y4)</i> <i>How does my school build character? (Y4)</i> <i>How does school help me? (Y4)</i></p>	<p>Keeping Safe and Managing Risk Playing safe Y4 (3 lessons)</p> <p><u>Additional Lessons – Pol Ed</u> <i>How can I stay safe in my local area? (Y3)</i> <i>How can we stay safe on the road? (Y4)</i> <i>What are the hazards in the home? (Y4)</i></p>	<p>Careers, financial capability and economic wellbeing Saving spending and budgeting Y3 (3 lessons)</p> <p><u>Additional Lessons – Pol Ed</u></p>
Year B	<p>Drug, alcohol and tobacco education Tobacco is a drug Y3 (3 lessons)</p> <p><u>Additional Lessons</u> NSPCC Pants 7-9 yr olds (1 lesson)</p> <p><u>Additional Lessons – Pol Ed</u> <i>What is peer influence? (Y4)</i> <i>What is a healthy friendship? (Y4)</i></p>	<p>Identity, society and equality Celebrating difference Y3 (3 lessons)</p> <p><u>Additional Lessons – Pol Ed</u> <i>Anti Bullying Week – What is bullying? (Y3)</i> <i>How should we treat people? (Y3)</i> <i>What is discrimination? (Y4)</i> <i>What is diversity? (Y4)</i></p>	<p>Relationships and Health Education Growing up and changing Y4 (6 lessons)</p> <p><u>Additional Lessons – Pol Ed</u> <i>How can I share my worries? (Y3)</i> <i>When should I break a secret? (Y3)</i> <i>What are emergency situations? (Y3)</i> <i>Who do I encounter? (Y4)</i> <i>What are children's rights? (Y3)</i> <i>What are protected characteristics? (Y4)</i></p> <p><u>Additional Lesson</u> Internet Safety Week</p>		<p>Drug, alcohol and tobacco education Making choices Y4 (3 lessons)</p> <p><u>Additional Lessons – Pol Ed</u> <i>What do we mean by risk? (Y3)</i> <i>What are emergency services? (Y3)</i> <i>What is first aid? (Y4)</i></p>	<p>Identity, society and equality Democracy Y4 (3 lessons)</p> <p><u>Additional Lessons – Pol Ed</u> <i>How do we enforce the law? (Y3)</i> <i>How can I be a responsible citizen? (Y3)</i> <i>What is the law and why do we have it? (Y3)</i> <i>What is a hate crime? (Y4)</i></p>



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2026 – 2027 – Year A



Oak Class - Year 5 & 6

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year A	<p>Physical Health and Wellbeing In the media Y5 (3 lessons)</p> <p>Additional Lessons NSPCC Pants (9-11 yr olds1 lesson)</p> <p>Additional Lessons – Pol Ed <i>How can drugs and alcohol make people feel? (Y5)</i> <i>How might my activity levels impact the way I feel? (Y5)</i></p> <p><i>**Bonfire Night lesson</i> <i>**Halloween Lesson</i></p>	<p>Keeping Safe and Managing Risk Making safer choices Y5 (3 lessons)</p> <p>Additional Lessons – Pol Ed <i>How can we keep our things safe? (Y5)</i> <i>How can we use our phones sensibly? (Y5)</i> <i>What is peer pressure? (Y5)</i></p>	<p>Mental Health and Emotional Wellbeing Dealing with feelings Y5 (3 lessons)</p> <p>Additional Lesson <i>Internet Safety Week</i> <i>What can and can’t I do on the internet? (Y5)</i></p> <p>Additional Lessons – Pol Ed <i>What is media influence? (Y5)</i> <i>How might being online impact the way I feel? (Y5)</i> <i>How might school impact the way I am feeling? (Y5)</i></p>	<p>Careers, financial capability and economic wellbeing Borrowing and earning money Y5 (3 lessons) <i>**Nat west and Barclays resources**</i></p> <p>Additional Lessons – Pol Ed <i>What are the risks with money? (Y5)</i> <i>What is gambling? (Y5)</i></p>	<p>Mental Health and Emotional Wellbeing Healthy Minds Y6 (3 lessons)</p> <p>Additional Lessons – Pol Ed <i>How do rules help our community? (Y5)</i> <i>How can I seek support for my mental health? (Y6)</i> <i>How can I reframe my thinking? (Y6)</i></p>	<p>Keeping Safe and Managing Risk Keeping safe – out and about Y6 (3 lessons)</p> <p>Additional Lessons – Pol Ed <i>How is my data shared? (Y6)</i> <i>What is spiking? (Y6)</i> <i>Why does media have age restrictions? (Y6)</i> <i>What is the issue with addiction (vaping/smoking)? (Y6)</i> Y6 lessons - Additional RSE – how babies are made <i>How can I get ready for secondary relationships? (Y6)</i> <i>How can I cope with leaving school? (Y6)</i></p>
Year B	<p>Identity, society and equality Stereotypes, discrimination and prejudice Y5 (3 lessons)</p> <p>Additional Lessons</p>	<p>Drug, alcohol and tobacco education Different Influences Y5 (3 lessons)</p> <p>Additional Lessons – Pol Ed <i>Anti Bullying Week (1 lesson)</i></p>	<p>Relationships and Health Education Healthy Relationships Y6 (6 lessons)</p> <p>Additional Lessons – Pol Ed <i>What are online friendships? (Y5)</i> <i>How can my adult relationships affect my future? (Y5)</i> <i>What is my relationship with authority? (Y6)</i></p>	<p>Identity, society and equality Human rights Y6 (3 lessons)</p> <p>Additional Lessons – Pol Ed</p>	<p>Drug, alcohol and tobacco education Weighing up risk Y6 (3 lessons)</p> <p>Additional Lessons – Pol Ed <i>What does the law say about legal drugs? (Y6)</i></p>	



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	<p><i>NSPCC Pants (9-11 yr olds1 lesson)</i></p> <p><u>Additional Lessons – Pol Ed</u></p> <p><i>How can we be allies against racism? (Y6)</i></p> <p><i>How can we challenge Sexism? (Y6)</i></p> <p><i>**Bonfire Night lesson</i></p> <p><i>**Halloween Lesson</i></p>	<p><i>How do words have power? (Y5)</i></p> <p><i>What is anti-social behaviour? (Y6)</i></p>	<p><i>What is grooming? (Y5)</i></p> <p><i>What is peer pressure? (Y5)</i></p> <p><i>What are my personal boundaries? (Y5)</i></p> <p><u>Additional Lesson</u></p> <p><i>Internet Safety Week</i></p> <p><i>What can and can't I do on the internet? (Y5)</i></p>	<p><i>How can we respect different relationships? (Y6)</i></p> <p><i>What does the law say about marriage? (Y6)</i></p>	<p><u>Y6 lessons - Additional RSE – how babies are made</u></p> <p><i>How can I get ready for secondary relationships? (Y6)</i></p> <p><i>How can I cope with leaving school? (Y6)</i></p>
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