

PSHCE Long Term Plan at Usworth Colliery Primary School 2026-2027

NSPCC - The Under Pants rule is taught in all year groups across the year as part of PSHCE to help children make good choices and keep themselves safe.

EYFS				
	Children are supported to identify, recognise and name basic emotions such as happiness, sadness and anger.	Children are supported to show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly	Children are supported to understand what being a friend means and how to make relationships with others.	Children are supported to develop a personal belief of resilience and positivity.
	RELATIONSHIPS	KEEPING SAFE	UNDERSTANDING THE LAW	MENTAL HEALTH and WELL-BEING
Y1	How can I be an ally? How can I make friends? What if my friends are making me feel sad? What is bullying? Why are safe hands important? Why is name calling unkind?	How can I keep safe in new places? How can I speak up? How can I use things at home safely? What is 999? What is private information? Who are my trusted adults?	How can I be responsible? What can happen when rules are broken? What do the police do? Why have different rules in different places?	How can I be an empathy expert? How can I share my feelings? What do feelings feel like? What makes me special?
Y2	How are we the same? How are we different? How can I work with different people? How do I share family worries? What is a family? Why are relationships important?	How can I keep safe online? What are different types of meetings? What are medicines? What are private body parts? What is fire safety?	What are needs and wants? What is a job? What is money? What is the internet? Why does age matter?	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?
Y3	How should we treat people? What can I do when friendships go wrong? What do we mean by consent in friendships? What is bullying? Who are my key people?	How can I share my worries? What are emergency services? What are emergency situations? What do we mean by risk? When should I break a secret?	How can I be a responsible citizen? How do we enforce the law? What are children's rights? What is the law and why do we have it?	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?
Y4	How can we be role models? What is a healthy friendship? What is discrimination? What is diversity? What is peer influence? Who makes up my community?	How can I keep safe in my local area? How can we keep safe on the road? What are hazards in the home? What is first aid? Who do I encounter?	How can I respect my environment? What are protected characteristics? What can I be? What is hate crime?	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? What is my body trying to tell me? Why is food fuel?
Y5	How can my adult relationships affect my future? How do words have power? What are my personal boundaries? What are online friendships? What is grooming? What is media influence? What is peer pressure?	How can we keep our things safe? How can we use our phones sensibly? What are deep fakes? What are the risks with money? What do I know about drugs? Why are our special people important?	How do rules help our community? What can and can't I do on the internet? What is gambling?	How might being online impact the way I feel? How can drugs and alcohol make people 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?
Y6	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?	How is my data shared? What is spiking? + What is the issue with addiction? (Vaping/smoking)? Why does media have age restrictions? Bonfire Night Lesson Halloween Lesson	What different types of crime are there? + What does the law say about legal drugs? What does the law say about marriage? What is a weapon? What is antisocial behaviour? What is shop theft?	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?
Whole School Weeks/ Days:	Anti-Bullying Week - w/b 16th November 2026 Children in Need - Friday 13th November 2026 Children's Mental Health Week with Place2Be - Feb 1st – 7th 2027 Red Nose Day Friday – Friday 19th March 2027 PSHCE/Mental Health Open Morning – Friday 18th June 2027			

