

PSHE Long Term Plan			
	Autumn	Spring	Summer
Reception	<p>A Belonging to a community School rules and expectations</p> <p>B Family and friendships Naming who I live with</p> <p>C Respecting ourselves and others Building friendships and sharing</p>	<p>A Physical health and Mental wellbeing What healthy means, foods, sleep, brushing teeth, handwashing</p> <p>B Money and Work Common goals, jobs in the community, what challenges are</p> <p>C Media literacy and digital resilience To name a range of devices</p>	<p>A Growing and changing Our body</p> <p>B Keeping safe Being online and playing</p> <p>C Safe relationships Exploring feelings and relationships</p>
Year 1	<p>A Belonging to a community School rules, classroom expectations, the needs of others</p> <p>B family and friendships Adults within the wider community</p> <p>C Respecting ourselves and others The impact of kind and unkind behaviour</p>	<p>A Physical health and Mental wellbeing The difference between healthy and unhealthy, road safety, people who keep us safe</p> <p>B Money and Work What a goal is, how to achieve goals, what resilience is</p> <p>C Media literacy and digital resilience How rules and age restrictions help us; keeping safe online</p>	<p>A Growing and changing Recognising what makes them unique and special; feelings; managing when things go wrong</p> <p>B B Keeping safe Recognising what makes them unique and special; feelings; managing when things go wrong</p> <p>C Safe relationships Consent and how to say we need help</p>
Year 2	<p>A Belonging to a community School rules, classroom expectations, being part of a team</p> <p>B family and friendships Positive interactions and resolving arguments</p> <p>C Respecting ourselves and others Recognising things in common and</p>	<p>A Physical health and Mental wellbeing Staying healthy, what mental health is, dangers of household products, food nutrients</p> <p>B Money and Work Goals we have, celebrating success, skills needed for different jobs</p>	<p>A Growing and changing Growing older; naming body parts; moving into KS2</p> <p>B Keeping safe Safety in different environments; risk and safety at home; emergencies</p> <p>C Safe relationships</p>

	differences; playing and working cooperatively; sharing opinions	C Media literacy and digital resilience The internet in everyday life; online content and information	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour
Year 3	A Belonging to a community School rules, classroom expectations, the value of rules and laws; rights, freedoms and responsibilities B Family and friendships What makes a family; features of family life C Respecting ourselves and others Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	A Physical health and Mental wellbeing What fit and healthy means, food groups and impact on health, what drugs are, caring for mental health B Money and Work Different jobs and skills, role models in the community, skills as a learner C Media literacy and digital resilience How the internet is used; assessing information online	A Growing and changing How babies are made, changing me B Keeping safe Risks and hazards; safety in the local environment and unfamiliar places C Safe relationships Personal boundaries; safely responding to others; the impact of hurtful behaviour
Year 4	A Belonging to a community School rules, classroom expectations, what makes a community; shared responsibilities B Family and friendships Positive friendships, including online C Respecting ourselves and others Respecting differences and similarities; discussing difference sensitively	A Physical health and Mental wellbeing Maintaining a balanced lifestyle, self image, smoking and vaping, being safe around medicines B Money and Work Jobs in the local area, dreams and how they may not always be achieved, planning for the future C Media literacy and digital resilience How data is shared and used	A Growing and changing Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty B Keeping safe Medicines and household products; drugs common to everyday life C Safe relationships Responding to hurtful behaviour; managing confidentiality; recognising risks online
Year 5	A Belonging to a community School rules, classroom expectations, being part of a community; celebrating difference B Family and friendships Healthy relationships and family life, positive online friendships C Respecting ourselves and others Responding respectfully to a wide range of people; recognising prejudice and discrimination	A Physical health and Mental wellbeing Caring for our physical and mental health, peer pressure, the role of emergency services B Money and Work Identifying job interests and aspirations; what influences career choices; workplace stereotypes C Media literacy and digital resilience How information online is targeted; different media types, their role and impact	A Growing and changing Body changes, reproduction, different relationships and moving on B Keeping safe Keeping safe in different situations, including responding in emergencies, first aid and FGM DV C Safe relationships Physical contact and feeling safe

Year 6	<p>A Belonging to a community School rules, classroom expectations, valuing diversity; challenging discrimination and stereotypes</p> <p>B Family and friendships Relationships, families, love and loss</p> <p>C Respecting ourselves and others Expressing opinions and respecting other points of view, including discussing topical issues</p>	<p>A Physical health and Mental wellbeing Taking responsibility for our physical and mental health, peer pressure, gangs, county lines</p> <p>B Money and Work Influences and attitudes to money; money and financial risks</p> <p>C Media literacy and digital resilience Evaluating media sources; sharing things online</p>	<p>A Growing and changing Human reproduction and birth; body image and relationships; managing transitions</p> <p>B Keeping safe Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media Vaping and use of drugs</p> <p>C Safe relationships Recognising and managing pressure; consent in different situations</p>
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