

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

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

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