

PSHE Long Term Plan

	Autumn		Spring		Summer	
CYCLE A						
EYFS, Year 1 & 2	Connecting with others: How feel happy and safe? Exploring what makes them and their families special and exploring how to build and maintain healthy relationships.	How do we spend time online? Recognising when online activity is taking place and learning to behave safely and politely, including managing screen time and responding to unsuitable content.	Health protection: How can I protect myself and others in daily life? Exploring illnesses and injuries, understanding the roles of different healthcare workers in prevention and treatment and practising how to get medical help.	Staying safe: How can I stay safe? Learning to notice dangers in everyday places, following simple safety rules, listening to body clues, and asking trusted adults.	How can I build safe, kind and caring relationships with others? Celebrating individual and family diversity, exploring personal boundaries, understanding the features of healthy relationships and how to seek help.	The online world: How can we stay safe online? Developing awareness of online content, recognising that not everything is suitable or trustworthy, and learning how to respond when something online makes them feel worried or uncomfortable.
Year 3 & 4	Connecting with others: What helps us feel safe and included? Celebrating what makes them unique and exploring personal boundaries and understanding how relationships can offer support, care, kindness and shared values.	The online world: How should we communicate online? Exploring ways people communicate online and understanding the importance of safe and respectful online behaviours.	Citizenship: What careers do people choose and why? Exploring different careers, what can influence career choices, how skills can transfer between jobs and how gender stereotypes can be challenged as careers change over time.	Staying safe: What signs help me recognise what is safe or unsafe? Developing understanding of hazards, risks and emergencies by recognising unsafe situations, assessing risk, making informed choices to stay safe and learning how to respond in an emergency.	Connecting with others: How can we respect each other? Understanding how trust, fairness and boundaries keep friendships healthy and practising how to respond assertively and respectfully when challenges or unkind behaviours arise.	The online world: How can we decide what to trust online? Developing critical thinking skills through exploring how information is found, shared and presented online.
Year 5 & 6	Connecting with others: Why are healthy relationships important? Developing understanding of identity, family relationships and friendships by exploring how values, commitment, support, communication and assertiveness help to build and maintain respectful, healthy connections with others.	The online world: How am I influenced by what I see online? Exploring how online trends, adverts and influencers can shape behaviour and choices, including recognising misleading information and making informed, safe choices.	Citizenship: How can we be in control of our money?	Connecting with others: What does it mean to stand up for myself and others? Deepening understanding of respectful relationships by exploring self-respect, boundaries, consent and ways to challenge unfairness, prevent bullying and seek help safely	The online world: How do I feel about the things I see online? Exploring how online experiences influence thoughts, feelings and behaviour, recognising online risks and learning how to respond safely to online bullying and other harmful behaviour.	Staying safe: How can I stay safe as I grow up? Developing understanding of hazards, risks and safer choices by exploring how to stay safe in different situations and considering how peer pressure and drug misuse can affect decision-making.
CYCLE B						
EYFS, Year 1 & 2	How can we look after our emotions? Developing understanding of emotions by exploring how feelings can vary and change in different situations.	Citizenship: How can I help others and the environment? Recognising how care, respect and rules help people, animals and places feel safe and supported.	Citizenship: How do people belong to a community and earn money? Exploring communities, belonging and money through learning about the groups people belong to, the jobs people do and where money comes from.	My healthy self: How can we look after our bodies? Building understanding of how daily habits support physical health by exploring the benefits of movement, sleep, healthy eating, hydration and dental care, and applying this knowledge to create a healthy daily routine.	Growing up: How can we look after and respect our bodies as we grow? Learning how people grow and change as they get older, recognising physical changes, naming private body parts correctly and understanding privacy, personal boundaries and who can help.	Staying safe: How can I make safe choices in different places? Understanding that unsafe situations can occur in different places and recognising common hazards at home and in public spaces.
Year 3 & 4	How can I take care of my mind and body? Discovering how the body and mind are connected and strategies to keep both healthy.	Citizenship: What rights and responsibilities do we have? Learning about rights, responsibilities and citizenship by exploring children's rights, human's rights and why they matter.	Health protection: How can we prevent illness and injury and respond if they happen? Exploring hygiene, sun safety, vaccines and basic first aid.	Growing up: How will my body and emotions change as I grow up? Learning about the physical and emotional changes that occur during puberty, pupils recognise that these changes are normal and happen at different times for everyone.	Citizenship: How can I spend money responsibly? Developing financial literacy through exploring how people spend and save money.	Growing up: How will my body and emotions change as I grow up? Learning about the physical and emotional changes that occur during puberty, pupils recognise that these changes are normal and happen at different times for everyone.
Year 5 & 6	How can I support my mind and body as I grow? Exploring how to make healthy choices by reading traffic light food labels, staying active and managing strong emotions.	Citizenship: How can we make a difference in our communities and beyond? Developing active citizenship skills through exploring how people can make a difference in their communities and beyond.	Growing up: How can I manage the changes to my body and emotions as I grow up? Learning about the physical and emotional changes of puberty, including periods, hygiene and personal boundaries, to support healthy development and respectful relationships.	My healthy self: How do my choices today shape my future health? Developing knowledge of how making informed choices now can support future wellbeing by exploring the effects of mindset, behaviour, dental hygiene and care for others and self.	Citizenship: How can we protect everyone's rights? Exploring human rights, law and how the legal system helps uphold fairness in society.	Sex education: How do people become parents and carers? Learning about conception and pregnancy, exploring different family structures and understanding why consent is important.