

PSHE Long Term Plan 2025-26

	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
EYFS	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activities Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with a bully Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
YEAR 1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/ safety with household items Road safety Linking health and happiness	Supplementary Unit – British Values Introduction to British Values Individual liberty Mutual respect and tolerance Our rights and responsibilities People who help us Rule of law	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
YEAR 2	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings Supplementary Unit Fire safety	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Supplementary Unit- Water Safety Dangers by the sea Dangers by the river Sun safety	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition Supplementary Unit Natwest Money Sense Max gets a hamster Save, spend or give Spend, save Cost of school holidays
YEAR 3	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Difficult challenges and sharing success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Supplementary Unit – Keeping Safe Road safety (crossings / crossing when there isn't a crossing) Railway etiquette (when is it safe to cross? Why are train tracks dangerous?) Know how to respond in an emergency and give first aid	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition

					Expressing appreciation for family and friends	
YEAR 4	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Supplementary Unit – Charities and Fair Trade What is charity? Why do people give money to charity? Should we give money to charities abroad? What is Fair Trade? Where does our food come from? (Link to DT unit Spring 2 Seasonal Foods)	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of a loved one Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
YEAR 5	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling SMARRT internet safety rules	Supplementary Unit Finance Why do prices change over time? (Lesson 7) Why is money so important? (Lesson 8) Conception (incl IVF) Growing responsibility Coping with change Preparing for transition
YEAR 6	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	Charity – raising money for Children in Need/enterprise Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, differences as celebration Empathy	Personal learning goals in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Exploitation, including 'county lines' and gang culture Supplementary unit- finance Keeping my money safe Credit vs debit How banks work, Bank of England Tax and how it's spent Supplementary unit – hygiene Why clothes are changed for PE and the importance of keeping clean/ use of anti-perspirant	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition

