



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	1) This Is Me (Identity) 2) How We Grow 3) What Are Feelings 4) Feelings and Loss 5) How We Play and Learn 6) Staying Safe 7) British Value (Democracy-choosing council leader)	1) Respect 2) Polite Words 3) Sharing and Taking Turns 4) Being Helpful 5) Being Kind 6) Getting Hurt 7) British Value (Rule of Law-rules and boundaries)	1) All About Rules 2) Online World (Screen Time) 3) Online Safety 4) Strengths and Interests 5) Jobs and Skill 6) Welcoming Everyone 7) British Value- Mutual Respect	1) Keeping Clean 2) Healthy Teeth 3) Fun in the Sun (water/sun safety) 4) Healthy Food 5) Eating Well 6) Keeping Fit and Healthy 7) British Value- Tolerance of different Faiths and Beliefs	1) People Who Care for Me 2) Families are all different. 3) Family and Me 4) All About Bodies (Private Body Parts) My Body Belongs to Me (Unwanted Touch) 5) British Value- Individual Liberty	1) Caring for Living Things 2) Recycling 3) Plastic and Pollution 4) Global Warming 5) My Classroom Community 6) Community Helpers 7) Transition
Year 2	1) What Is Money? 2) Ways to Pay 3) Earning Money 4) Saving and Spending 5) Wants and Needs 6) British Value (Democracy-choosing council leader)	1) Healthy Habits 2) All About Teeth 3) Sleep Routines 4) Medicines 5) All About Feelings 6) Big Feelings 7) British Value (Rule of Law-rules and boundaries)	1) Making Friends 2) Being a Good Friend 3) Playing With Others 4) Working With Others 5) Manners and Respect 6) Resolving Conflict 7) British Value- Mutual Respect	1) What Is the Internet? 2) Personal Data 3) Online Safety 4) Online Information 5) Belonging to a Community 6) Same/different (Diversity) 7) British Value- Tolerance of different Faiths and Beliefs	1) Human Life Cycle 2) Brilliant Bodies (Private Body Parts and Swimwear Rule) 3) Safety at Home 4) Road Safety 5) British Value- Individual Liberty	1) Feeling Lonely 2) Bullying (Introduction) 3) Unkind Words 4) Kindness 5) Secrets and Surprises (Unsafe Touch) 6) Transition
Year 3	1) Feeling and Me (Coping Strategies) 2) Resilience and Self-Esteem 3) Exercise and Wellbeing 4) Grief and Loss (Autumn 2025) 5) Personal Identity 6) Strengths and Interests 7) British Value (Democracy-choosing council leader)	1) Jobs and Sectors 2) Careers and Skills 3) Targets and Goals 4) Career Routes 5) Stereotypes-unconscious bias 6) British Value (Rule of Law-rules and boundaries)	1) Role Models 2) Manners and Politeness 3) Family and Me 4) People Who Care for Me 5) Caring for Others 6) British Value- Mutual Respect	1) Personal Safety and Risk 2) Fire Safety 3) First Aid 1 (Burns and Scalds) 4) Healthy Eating 5) What Is a Habit? 6) Healthy Choices 7) British Value- Tolerance of different Faiths and Beliefs	1) Seeking Permission 2) Privacy and Boundaries 3) Friendship Boundaries 4) Respectful Behaviour/Bullying or Teasing 5) British Value- Individual Liberty	1) Rules and Laws 2) Rights and Responsibilities 3) Community Responsibilities 4) E-Safety 5) Age-Appropriate Content 6) Why Is the News Important? (Precursor to Fake News) 7) Transition
Year 4	1) Responsible Spending 2) What Is Fairtrade? 3) Value for Money 4) Keeping Track of Money 5) What Is Advertising 6) Gambling and Risk 7) British Value (Democracy-choosing council leader)	1) Healthy Lifestyles 2) Staying Healthy 3) First Aid 2 (Allergies) 4) Germs and Illness 5) Drugs and Medicines 6) Vaccinations 7) British Value (Rule of Law-rules and boundaries)	1) Internet and Screen Time 2) Age Restrictions 3) Communicating Online 4) Online Relationships (NEW) 5) Harmful Content / Contact 6) Secrets (Keeping Good Secrets / Sharing Bad) 7) British Value- Mutual Respect	1) Respecting Difference 2) Diverse Communities 3) Prejudice and Discrimination 4) Racism 5) Preventing Bullying 6) Hurtful Behaviour 7) British Value- Tolerance of different Faiths and Beliefs	1) Growing-up Girls/Growing-up Boys 2) Changing Emotions 3) Personal Hygiene 4) Dental Hygiene & Sleep Hygiene 5) British Value- Individual Liberty	1) Water Safety Code 2) Summer Safety 3) First Aid 3 (Asthma) 4) Committed Relationships 5) Honesty and Trust 6) Positive Friendships 7) Transition
Year 5	1) Asking for Help 2) What Is Social Media? 3) Fake News 4) Fake Images (Photoshop and Deepfake Videos) 5) Digital Footprints 6) Bonfire Night safety 7) British Value (Democracy-choosing council leader)	1) Healthy Habits 2) Being Healthy – Diet 3) Being Healthy – Exercise 4) Physical Health 5) Germs, Bacteria and Viruses 6) What Is Mental Health? 7) British Value (Rule of Law-rules and boundaries)	1) Behaviour and Respect 2) Friendships 3) Feeling Left Out 4) Peer Pressure 5) Dares and Challenges 6) Bullying and Hurtful Behaviour 7) British Value- Mutual Respect	1) Courtesy and Manners 2) Success and Achievement 3) Independence and Responsibility 4) Careers and Stereotypes 5) The Environment – Part 1 6) The Environment – Part 2 7) British Value- Tolerance of different Faiths and Beliefs	1) Understand Feelings and Emotions 2) Self-Esteem/Body Image 3) Boys' Puberty/Girls' Puberty 4) Sun/Water Safety 5) British Value- Individual Liberty	1) Positive Relationships 2) LGBTQ 3) Love and Abuse 4) FGM 5) Online Behaviour and Risks 6) Stranger Safety 7) Transition

Year 6	1) Medicine and Product Safety 2) Habits and Addiction 3) Caffeine and Energy Drinks 4) What Is Alcohol? 5) Drugs (Introduction to Illegal Drugs) 6) Vaping Danger 7) Bonfire Night Safety-anti-social behaviour 8) British Value (Democracy-choosing council leader)	1) Disagreeing Respectfully 2) Positive Male Role Models (Harmful Stereotypes) 3) Cyberbullying and Harassment 4) Online Gaming Danger 5) Group Chats (Bullying) 6) Online Privacy and Data 7) British Value (Rule of Law-rules and boundaries)	1) Identity and Community 2) Diversity in the UK 3) Protected Characteristics 4) What Is Money? 5) Attitudes About Money 6) Money and the Cost of Living 7) British Value- Mutual Respect	1) Puberty and Our Genes 2) Boys' Puberty 3) Girls' Puberty 4) Human Reproduction (Sex-Ed Part 1 - Conception) 5) Hormones and Emotions 6) Mental Health Symptoms 7) British Value- Tolerance of different Faiths and Beliefs	1) Grief, Change and Loss 2) Transition to Secondary School 3) Sun/Water Safety 4) First Aid 5) British Value- Individual Liberty	1) Consent 2) Sexual Harassment 3) Attraction and Crushes 4) Starting a Family (Sex-Ed Part 2 – Sexual Intercourse) 5) LGBTQ 6) Caring for Babies 7) Transition
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COMPLETE PRIMARY PSHE LONG TERM PLAN



Living in the
Wider World



Relationships
Education



Health and
Wellbeing



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	1) Classroom Rules 2) All About Me 3) Setting Simple Goals 4) Online Safety 5) Sensible Amounts of Screen Time 6) Being a Safe Pedestrian	1) Handwashing and Germs 2) Hygiene and Self-Care 3) Healthy Teeth 4) Healthy Food 5) Healthy Bodies 6) Sun Safety	1) Kindness 2) Let's Be Friends 3) Sharing and Taking Turns 4) Saying Sorry 5) Telling the Truth 6) My Family	1) Caring for Ourselves and Others 2) Looking After Our Planet 3) What Is Money? 4) Celebrating Our Differences 5) People and Communities 6) Jobs and Community Helpers	1) Feelings 2) Calming Down 3) Resilience 4) Independence 5) Growing and Changing 6) My Body (Private Body Parts)	1) Making Good Choices 2) Good Manners 3) Bullying 4) Personal Space and Boundaries 5) Asking Permission 6) Secrets (Good and Bad)
Year 1	1) This Is Me (Identity) 2) How We Grow 3) What Are Feelings 4) Feelings and Loss 5) How We Play and Learn 6) Staying Safe	1) Respect 2) Polite Words 3) Sharing and Taking Turns 4) Being Helpful 5) Being Kind 6) Getting Hurt	1) All About Rules 2) Online World (Screen Time) 3) Online Safety 4) Strengths and Interests 5) Jobs and Skill 6) Welcoming Everyone	1) Keeping Clean 2) Healthy Teeth 3) Fun in the Sun 4) Healthy Food 5) Eating Well 6) Keeping Fit and Healthy	1) People Who Care for Me 2) What Is a Family? 3) Family and Me 4) All About Bodies (Private Body Parts) 5) My Body Belongs to Me (Unwanted Touch) 6) Asking for Permission	1) Caring for Living Things 2) Recycling 3) Plastic and Pollution 4) Global Warming 5) My Classroom Community 6) Community Helpers
Year 2	1) What Is Money? 2) Ways to Pay 3) Earning Money 4) Saving and Spending 5) Wants and Needs	1) Healthy Habits 2) All About Teeth 3) Sleep Routines 4) Medicines 5) All About Feelings 6) Big Feelings	1) Making Friends 2) Being a Good Friend 3) Playing With Others 4) Working With Others 5) Manners and Respect 6) Resolving Conflict	1) What Is the Internet? 2) Personal Data 3) Online Safety 4) Online Information 5) Belonging to a Community 6) Same/different (Diversity)	1) Human Life Cycle 2) Brilliant Bodies (Private Body Parts and Swimwear Rule) 3) Safety and Risk 4) Safety at Home 5) Road Safety 6) Accidents and Emergencies	1) Feeling Lonely 2) Bullying (Introduction) 3) Unkind Words 4) Kindness 5) Secrets and Surprises (Unsafe Touch) 6) Say Goodbye...Say Hello
Year 3	1) Feeling and Me (Coping Strategies) 2) Resilience and Self-Esteem 3) Exercise and Wellbeing 4) Grief and Loss (Autumn 2025) 5) Personal Identity 6) Strengths and Interests	1) Jobs and Sectors 2) Careers and Skills 3) Targets and Goals 4) Career Routes 5) Stereotypes	1) Role Models 2) Manners and Politeness 3) Family and Me 4) People Who Care for Me 5) Caring for Others	1) Personal Safety and Risk 2) Fire Safety 3) First Aid 1 (Burns and Scalds) 4) Healthy Eating 5) What Is a Habit? 6) Healthy Choices	1) Seeking Permission 2) Privacy and Boundaries 3) Friendship Boundaries 4) Managing Needs (NEW) 5) Respectful Behaviour 6) Bullying or Teasing	1) Rules and Laws 2) Rights and Responsibilities 3) Community Responsibilities 4) E-Safety 5) Age-Appropriate Content 6) Why Is the News Important? (Precursor to Fake News)
Year 4	1) Responsible Spending 2) What Is Fairtrade? 3) Value for Money 4) Keeping Track of Money 5) What Is Advertising 6) Gambling and Risk	1) Healthy Lifestyles 2) Staying Healthy 3) First Aid 2 (Allergies) 4) Germs and Illness 5) Drugs and Medicines 6) Vaccinations	1) Internet and Screen Time 2) Age Restrictions 3) Communicating Online 4) Online Relationships (NEW) 5) Harmful Content / Contact 6) Secrets (Keeping Good Secrets / Sharing Bad)	1) Respecting Difference 2) Diverse Communities 3) Prejudice and Discrimination 4) Racism	1) Growing-up Girls 2) Growing-up Boys 3) Changing Emotions 4) Personal Hygiene 5) Dental Hygiene 6) Sleep Hygiene	1) Water Safety Code 2) Summer Safety 3) First Aid 3 (Asthma)
				5) Preventing Bullying 6) Hurtful Behaviour		4) Committed Relationships 5) Honesty and Trust 6) Positive Friendships
Year 5	1) Asking for Help 2) What Is Social Media? 3) Fake News 4) Fake Images (Photoshop and Deepfake Videos) 5) Digital Footprints 6) Bonfire Night	1) Healthy Habits 2) Being Healthy – Diet 3) Being Healthy – Exercise 4) Physical Health 5) Germs, Bacteria and Viruses 6) What Is Mental Health	1) Behaviour and Respect 2) Friendships 3) Feeling Left Out 4) Peer Pressure 5) Dares and Challenges 6) Bullying and Hurtful Behaviour	1) Courtesy and Manners 2) Success and Achievement 3) Independence and Responsibility 4) Careers and Stereotypes 5) The Environment – Part 1 6) The Environment – Part 2	1) Understand Emotions 2) Feelings and Emotions 3) Self-Esteem 4) Body Image 5) Boys' Puberty 6) Girls' Puberty	1) Positive Relationships 2) Loving Stable Families 3) Love and Abuse 4) FGM 5) Online Behaviour and Risks 6) Stranger Safety
	1) Medicine and Product Safety 2) Habits and Addiction 3) Caffeine and Energy Drinks	1) Disagreeing Respectfully 2) Positive Male Role Models (Harmful	1) Identity and Community 2) Diversity in the UK 3) Protected Characteristics	1) Puberty and Our Genes 2) Boys' Puberty 3) Girls' Puberty	1) Grief, Change and Loss 2) Transition to Secondary School	1) Consent 2) Sexual Harassment 3) Attraction and Crushes

Year 6	4) What Is Alcohol?	4) Stereotypes)	4) What Is Money?	4) Human Reproduction (Sex-Ed Part 1 - Conception)	3) Sun Safety	4) Starting a Family (Sex-Ed Part 2 – Sexual Intercourse)
	5) Drugs (Introduction to Illegal Drugs)	3) Cyberbullying and Harassment	5) Attitudes About Money	5) Hormones and Emotions	4) Personal Safety and Hazards	5) Family and Commitment
	6) Vaping Danger	4) Online Gaming Danger	6) Money and the Cost of Living	6) Mental Health Symptoms	5) First Aid 4 (Common Injuries)	6) Caring for Babies