



PSHE - LONG TERM PLAN - 2025/2026

	Autumn - Relationships			Spring - Living in the wider world			Summer - Health and Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and mental wellbeing	Growing and changing	Keeping safe
Reception	Express feelings and needs relationships		Promote positive	Develop understanding of the wider world			Healthy lifestyles		
Yr 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong.	How rules and age restrictions help us; keeping safe online
Yr 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour.	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community.	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help.	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies.
Yr 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite.	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings Common illnesses	Personal strengths and achievements; managing and learning from setbacks	Maintaining a balanced lifestyle; oral hygiene and dental care.



Yr 4	Positive friendships including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe		Personal hygiene routines	Medicines and household products; drugs common to everyday life
Yr 5	Managing friendships and peer influence (spring)	Feeling safe (spring)	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Role of government. Identifying job interests and aspirations; what influences career choices; workplace stereotypes.	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies.	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid.
Yr 6	Family and friendships, difficulties as you grow up.	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues.	Valuing diversity; challenging discrimination and stereotypes.	Evaluating media sources; sharing things online.	Influences and attitudes to money; money and financial risks.	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media.



PSHE - LONG TERM PLAN - 2025/2026 - MR DART

	Relationships			Living in the wider world			Health and Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and mental wellbeing	Growing and changing	Keeping safe
Yr 1					Using the internet and digital devices; communicating online				
Yr 2					The internet in everyday life; online content and information				
Yr 3		Personal boundaries; safely responding to others; the impact of hurtful behaviour			How the internet is used; assessing information online				
Yr 4	Positive friendships including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online			How data is shared and used				



Yr 5					How information online is targeted; different media types, their role and impact				
Yr 6					Evaluating media sources; sharing things online.		managing time online		Keeping personal information safe