COMPLETE PRIMARY PSHE

LONG TERM PLAN

	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 5) Preventing Bullying 6) Hurtful Behaviour	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) 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
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	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	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	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	1) Grief, Change and Loss 2) Transition to Secondary School 3) Sun Safety 4) Personal Safety and Hazards 5) First Aid 4 (Common Injuries) 6) First Aid 5 (Life Support)	1) Consent 2) Sexual Harassment 3) Attraction and Crushes 4) Starting a Family (Sex-Ed Part 2 – Sexual Intercourse) 5) Family and Commitment 6) Caring for Babies

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 5) Preventing Bullying 6) Hurtful Behaviour	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) 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
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	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	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	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	1) Grief, Change and Loss 2) Transition to Secondary School 3) Sun Safety 4) Personal Safety and Hazards 5) First Aid 4 (Common Injuries) 6) First Aid 5 (Life Support)	1) Consent 2) Sexual Harassment 3) Attraction and Crushes 4) Starting a Family (Sex-Ed Part 2 – Sexual Intercourse) 5) Family and Commitment 6) Caring for Babies