

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	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 1) Handwashing and Germs 2) Hygiene and Self-Care 3) Healthy Teeth 4) Healthy Food 5) Healthy Bodies 6) Sun Safety 	<ul style="list-style-type: none"> 1) Kindness 2) Let's Be Friends 3) Sharing and Taking Turns 4) Saying Sorry 5) Telling the Truth 6) My Family 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 1) Feelings 2) Calming Down 3) Resilience 4) Independence 5) Growing and Changing 6) My Body (Private Body Parts) 	<ul style="list-style-type: none"> 1) Making Good Choices 2) Good Manners 3) Bullying 4) Personal Space and Boundaries 5) Asking Permission 6) Secrets (Good and Bad)
Year 1	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 1) Respect 2) Polite Words 3) Sharing and Taking Turns 4) Being Helpful 5) Being Kind 6) Getting Hurt 	<ul style="list-style-type: none"> 1) All About Rules 2) Online World (Screen Time) 3) Online Safety 4) Strengths and Interests 5) Jobs and Skill 6) Welcoming Everyone 	<ul style="list-style-type: none"> 1) Keeping Clean 2) Healthy Teeth 3) Fun in the Sun 4) Healthy Food 5) Eating Well 6) Keeping Fit and Healthy 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 1) Caring for Living Things 2) Recycling 3) Plastic and Pollution 4) Global Warming 5) My Classroom Community 6) Community Helpers
Year 2	<ul style="list-style-type: none"> 1) What is Money? 2) Ways to Pay 3) Earning Money 4) Saving and Spending 5) Wants and Needs 	<ul style="list-style-type: none"> 1) Healthy Habits 2) All About Teeth 3) Sleep Routines 4) Medicines 5) All About Feelings 6) Big Feelings 	<ul style="list-style-type: none"> 1) Making Friends 2) Being a Good Friend 3) Playing With Others 4) Working With Others 5) Manners and Respect 6) Resolving Conflict 	<ul style="list-style-type: none"> 1) What is the Internet? 2) Personal Data 3) Online Safety 4) Online Information 5) Belonging to a Community 6) Same different (Diversity) 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 1) Feeling Lonely 2) Bullying (Introduction) 3) Unkind Words 4) Kindness 5) Secrets and Surprises (Unsafe Touch) 6) Say Goodbye...Say Hello
Year 3	<ul style="list-style-type: none"> 1) Feeling and Me (Coping Strategies) 2) Resilience and Self-Esteem 3) Exercise and Wellbeing 4) Grief and Loss (Autumn 2021) 5) Personal Identity 6) Strengths and Interests 	<ul style="list-style-type: none"> 1) Jobs and Sectors 2) Careers and Skills 3) Targets and Goals 4) Career Routes 5) Stereotypes 	<ul style="list-style-type: none"> 1) Role Models 2) Manners and Politeness 3) Family and Me 4) People Who Care for Me 5) Caring for Others 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 1) Seeking Permission 2) Privacy and Boundaries 3) Friendship Boundaries 4) Managing Needs (NEW) 5) Road Safety 6) Accidents and Emergencies 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 1) Responsible Spending 2) What is Fairtrade? 3) Value for Money 4) Keeping Track of Money 5) What is Advertising 6) Gambling and Risk 	<ul style="list-style-type: none"> 1) Healthy Lifestyles 2) Staying Healthy 3) First Aid 2 (Allergies) 4) Germs and Illness 5) Drugs and Medicines 6) Vaccinations 	<ul style="list-style-type: none"> 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) 	<ul style="list-style-type: none"> 1) Respecting Difference 2) Diverse Communities 3) Prejudice and Discrimination 4) Racism 5) Preventing Bullying 6) Hurtful Behaviour 	<ul style="list-style-type: none"> 1) Growing-up Girls 2) Growing-up Boys 3) Changing Emotions 4) Personal Hygiene 5) Dental Hygiene 6) Sleep Hygiene 	<ul style="list-style-type: none"> 1) Water Safety Code 2) Summer Safety 3) First Aid 2 (Asthma) 4) Committed Relationships 5) Honesty and Trust 6) Positive Friendships
Year 5	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 1) Healthy Habits 2) Being Healthy - Diet 3) Being Healthy - Exercise 4) Physical Health 5) Germs, Bacteria and Viruses 6) What is Mental Health 	<ul style="list-style-type: none"> 1) Behaviour and Respect 2) Friendships 3) Feeling Left Out 4) Peer Pressure 5) Dares and Challenges 6) Bullying and Hurtful Behaviour 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 1) Understand Emotions 2) Feelings and Emotions 3) Self-Esteem 4) Body Image 5) Boys' Puberty 6) Girls' Puberty 	<ul style="list-style-type: none"> 1) Positive Relationships 2) Loving Stable Families 3) Love and Abuse 4) FGM 5) Online Behaviour and Risks 6) Stranger Safety
Year 6	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 1) Grief, Change and Loss 2) Transition to Secondary School 3) Sun Safety 4) Personal Safety and Hazards 5) First Aid 3 (Common Injuries) 6) First Aid 3 (Life Support) 	<ul style="list-style-type: none"> 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