



PSHE Long Term Plan

Cycle A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Understand and learn routines throughout the day and the week. Understand and follow rules.	Understand their feelings and the feelings of others. What to do if we feel angry, happy, sad etc.	How to communicate – listen, speak, reflect, explain. Show pride in things they have achieved.	Be responsible for their own belongings and classroom belongings. Carry out classroom jobs.	Group and paired work – what we need to do to work together. Problem solving.	Self-confidence and independence – what we are good at, what things we can now do on our own. Try new things.
Year 1/2	Making friends; feeling lonely and getting help. Managing secrets and recognising hurtful behaviour.	Recognising things in common and differences; playing and working co-operatively; sharing opinions.	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help.	Safety in different environments; risk and safety at home; emergencies.	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.



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Year 3/4	Positive friendships, including online. Recognising risks online.	Respecting differences and similarities; discussing difference sensitively. Responding to hurtful behaviour; managing confidentiality.	Maintaining a balanced lifestyle; oral hygiene and dental care. Personal hygiene routines.	Medicines and household products; drugs common to everyday life.	What makes a community; shared household responsibilities. How data is shared and used.	Making decisions about money; using and keeping money safe.
Year 5/6	Positive relationships; civil partnerships and marriage. Recognising and managing pressure.	Expressing opinions and respecting others point of view, including discussing topical issues.	What affects mental health and ways to take care of it. Managing change, loss and bereavement.	Managing time online. Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media.	Valuing diversity; challenging discrimination and stereotypes. Evaluating media sources; sharing things online.	Influences and attitudes to money; money and financial risks.



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Cycle B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Understand and learn routines throughout the day and the week. Understand and follow rules.	Understand their feelings and the feelings of others. What to do if we feel angry, happy, sad etc.	How to communicate – listen, speak, reflect, explain. Show pride in things they have achieved.	Be responsible for their own belongings and classroom belongings. Carry out classroom jobs.	Group and paired work – what we need to do to work together. Problem solving.	Self-confidence and independence – what we are good at, what things we can now do on our own. Try new things.
Year 1/2	Roles of different people; families; feeling cared for. Staying safe; seeking permission.	How behaviour affects others; being polite and respectful; recognising privacy.	Keeping healthy; food and exercise; hygiene routines.	How rules and age restrictions help us; keeping safe online; recognising what makes them unique and special; managing when things go wrong.	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.
Year 3/4	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.	Health choices and habits; what affects feelings; expressing feelings. Personal strengths and achievements; managing and reframing setbacks.	Risks and hazards; safety in the local environment and unfamiliar places.	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.



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Year 5/6	Managing friendships and peer influence. Physical contact and feeling safe.	Responding respectfully to a wide range of people; recognising prejudice and discrimination.	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.	Protecting the environment; compassion towards others. How information online is targeted; different media types, their roles and impact.	Identifying job interests and aspirations; what influences career choices; workplace stereotypes.
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