



PSHE Long Term Plan

2 Year Cycle

Cycle A **2023-24** **2025-26**

Cycle B **2024-25** **2026-27**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	My Feelings <ul style="list-style-type: none"> Identify feelings Feelings Jar Coping strategies Describing feelings Facial expressions Creating a calm corner 		Building relationships <ul style="list-style-type: none"> My Family Special people Sharing I am unique My interest Similarities and differences 		Taking on Challenges <ul style="list-style-type: none"> Why do we have rules? Building towers Team den building Grounding Team races Circus skills 	
Class 2 Cycle A	Family and Relationships <ul style="list-style-type: none"> Family Friendships Families are different Other people's feelings 	Health and Wellbeing <ul style="list-style-type: none"> Understanding my feelings Relaxationlaughter and progressive muscle relaxation 	Safety and the changing body <ul style="list-style-type: none"> Communicating with adults People who help to keep us safe in our local community Road safety 	Citizenship <ul style="list-style-type: none"> Rules Similar, yet different Belonging Job rules in the community 	Economic Wellbeing <ul style="list-style-type: none"> Money Needs and wants Looking after money 	Transition.

			<ul style="list-style-type: none"> • Safety with medicines 			
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	<ul style="list-style-type: none"> • Friendship problems • Gender Stereotypes 	<ul style="list-style-type: none"> • What am I like? • Ready for bed • Handwashing and Hygiene • Sun safety • Allergies • People who help us stay healthy 	<ul style="list-style-type: none"> • Making a call to the emergency services • The difference between secrets and surprises]Appropriate contact • Private parts are private 	<ul style="list-style-type: none"> • Our School environment • Our local environment 	<ul style="list-style-type: none"> • Banks and building societies • jobs 	
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<p>Class2 Cycle B</p>	<p>Family and Relationships</p> <ul style="list-style-type: none"> • Family • Friendships • Other people's feelings • Getting along with others • Friendship problems • Gender stereotypes • Change and loss 	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Understanding my feelings • Steps to success • Developing a growth mindset • Being active • Relaxation: breathing and exercise • Looking after our teeth 	<p>Safety and the changing body</p> <ul style="list-style-type: none"> • Communicating with adults • Road safety • Safety at home • Safety with medicines • What to do if I get lost • The internet • Appropriate contact • My private parts are private 	<p>Citizenship</p> <ul style="list-style-type: none"> • Rules • Similar, yet different • Caring for others animals • The needs of others • Democratic decisions • School Council • Giving my opinion 	<p>Economic Wellbeing</p> <ul style="list-style-type: none"> • Money • Needs and wants • Saving and spending • Banks and building societies • Jobs 	<p>Transition</p>
<p>Class 3 Cycle A</p>	<p>Families and relationships</p> <ul style="list-style-type: none"> • Friendship issues and bullying • The effects of bullying and the 	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • My healthy diary • Diet and dental health • Relaxationstretches • Wonderful me 	<p>Safety and the changing body</p> <ul style="list-style-type: none"> • Be Kind Online • Cyberbullying • Share aware • Privacy and secrecy • First Aid :Bites and stings 	<p>Citizenship</p> <ul style="list-style-type: none"> • Recycling/reusing • Local community buildings and groups • Local council and democracy • Rules 	<p>Economic wellbeing</p> <ul style="list-style-type: none"> • Spending choices • Budgeting • Money and emotions • Jobs and careers 	<p>Transition Copying strategies</p>

	<p>responsibilities of the bystander</p> <ul style="list-style-type: none"> • Stereotyping Gender • Stereotyping- Age/disability • Healthy friendships boundaries • Learning who to trust • Respecting differences • Change and loss- bereavement 	<ul style="list-style-type: none"> • My superpowers • Celebrating mistakes • My happiness 	<ul style="list-style-type: none"> • Choices and influences <p>Year 3: First aid emergency services and calling for help Road Safety</p> <p>Year 4: introducing Puberty Growing up</p>	<ul style="list-style-type: none"> • Rights of the child • Human rights 	<ul style="list-style-type: none"> • Gender and careers 	
Class 3 Cycle B	<p>Families and relationships</p> <ul style="list-style-type: none"> • Friendship issues and bullying • Healthy families • Stereotyping Gender • Stereotyping Age/disability • How my behaviours affect others 	<p>Health and wellbeing</p> <ul style="list-style-type: none"> • My healthy diary • Looking after our teeth • Relaxation- visualisation • Meaning and purpose- my role • Resilience: breaking 	<p>Safety and the changing body</p> <ul style="list-style-type: none"> • Fake emails • Internet safety: age restriction • Consuming information online • Tobacco • First aid: asthma • Choices and influences 	<p>Citizenship • Recycling ? Reusing</p> <ul style="list-style-type: none"> • Local community buildings and groups • Local council and democracy • Diverse communities • Rights of the child • Charity 	<p>Economic Wellbeing</p> <ul style="list-style-type: none"> • Spending choices • Budgeting • Money and emotions • Jobs and career • Jobs for me 	<p>Transition</p> <p>Copy strategies</p>

		down problems	Year 3: First aid-emergency services and calling for help. Road safety			
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	<ul style="list-style-type: none"> • Effective communication to support relationships • Respect and manners • Respecting differences 	<ul style="list-style-type: none"> • Emotions • Mental Health 	Year 4: Introducing Puberty Growing up			
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<p>Class 4/5 Cycle A</p>	<p>Families and Friendships</p> <ul style="list-style-type: none"> • Build a friend • Respect • Respecting Myself • Marriage • Bullying • Stereotyping • Challenging Stereotypes 	<p>Health and wellbeing</p> <ul style="list-style-type: none"> • Relaxationyoga • The importance of rest • Embracing failure • Going for goals • Taking responsibility for my feelings • Healthy meals • Sun safety 	<p>Safety and Changing body</p> <ul style="list-style-type: none"> • Online friendships • Staying safe online • Alcohol • Drugs, tobacco, alcohol: influences • First aid: choking <p>Year 5:</p> <ul style="list-style-type: none"> • Puberty • Menstruation • Emotional changes in puberty <p>Year 6:</p> <ul style="list-style-type: none"> • Physical and emotional changes of puberty • Conception • Pregnancy and birth 	<p>Citizenship</p> <ul style="list-style-type: none"> • Breaking the law • Prejudice and discrimination • Protecting the planet • Contributing to the community • Rights and responsibilities • Parliament and national democracy 	<p>Economic Wellbeing</p> <ul style="list-style-type: none"> • Borrowing • Income and expenditure • Prioritising Spending • Risks with money • Careers <p>Year 6</p> <p>What is Identity? Identity and body image</p>	<p>Transition Roles and responsibilities</p>
<p>Class 4/5 Cycle B</p>	<p>Families and Relationships</p> <ul style="list-style-type: none"> • Friendship skills • Respect 	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Relaxationmindfulness • What can I be? 	<p>Safety and the changing body</p> <ul style="list-style-type: none"> • Critical digital consumers • Social media • First aid: Bleeding 	<p>Citizenship</p> <ul style="list-style-type: none"> • Pressure groups • Valuing diversity • Food choices and the environment 	<p>Economic Wellbeing</p> <ul style="list-style-type: none"> • Attitudes to money 	<p>Identity Transition</p>

	<ul style="list-style-type: none"> Resolving conflict Family life Stereotyping • Challenging Stereotypes Change and loss 	<ul style="list-style-type: none"> Taking responsibility for my health The impact of technology on health Resilience toolbox Immunisation Physical health concerns Good and bad habits 	<ul style="list-style-type: none"> First Aid: basic life support Year 5: Puberty Menstruation Emotional changes in puberty Year 6: Physical and emotional changes of puberty Conception Pregnancy and birth 	<ul style="list-style-type: none"> Caring for others Rights and responsibilities Parliament and democracy 	<ul style="list-style-type: none"> Keeping money safe Stereotypes in the workplace Gambling Careers <p>Year 6 What is identity Identity and body image</p>	
Class 5 (Year 6 cohort)	<p>Family and relationships</p> <ul style="list-style-type: none"> Respect Respectful relationships Stereotypes: attitudes Challenging Stereotypes Resolving conflict Change and loss 	<p>Health and wellbeing</p> <ul style="list-style-type: none"> What can I be? Relaxation: mindfulness Taking responsibility for my health The impact of technology on health Resilience toolbox Immunisation Good and bad habits 	<p>Safety and changing bodies</p> <ul style="list-style-type: none"> Alcohol Critical digital consumers Social media Physical and emotional changes of puberty Conception (parents have right to remove child) Pregnancy (parents have right to withdraw child) First aid: Choking 	<p>Citizenship</p> <ul style="list-style-type: none"> Human rights Food choices and the environment Caring for others Prejudice and discrimination Valuing diversity National democracy 	<p>Economic wellbeing</p> <ul style="list-style-type: none"> Attitudes towards money Keeping money safe Gambling What jobs are available? Career routes 	<p>Identity</p> <p>What is identity? Identify and body image Transition Dealing with change</p>

			<ul style="list-style-type: none">• First aid : basic life support			
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This is a spiral curriculum so pupils will visit areas throughout KS1 and KS2.

Each time an area is covered it is covered with greater depth.

Each unit builds on prior knowledge so pupils can build on knowledge rather than starting again.

Lessons should be taught in order as they build upon one another.

Sex education is not compulsory in primary schools, beyond what is laid out in the National Curriculum for Science.

Year 1: Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.

		<ul style="list-style-type: none">• Physical health concerns				
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Year 2: Notice that animals, including humans, have offspring which grow into adults

Year 5: Describe the life process of reproduction in some plants and animals; describe the changes as humans develop to old age (learn about the changes experienced in puberty).

The kapow scheme of work includes two year 6 lessons which parents have the opportunity to withdraw their children from. Safety and the changing body lesson 5 Conception Lesson 6 Pregnancy and birth.

Class 5 to teach year 6 curriculum when they have just a year 6 cohort otherwise teach the year 5/6 cycle alongside class 4.