



PSHE Long Term Plan



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	Autumn				Spring				Summer						
Core PSHE Curriculum	Our core PSHE curriculum follows Pol-Ed curriculum which cover all the Relationship Education and Health Education statutory content (full lesson list below). Year groups have autonomy over the order in which they teach these to ensure that the lessons meet the needs of pupils and the school. Each year group tracks coverage and understanding of the lessons covered which is monitored half-termly by the PSHE lead. Year groups may choose to return to key topics or choose lessons from previous year groups to meet the needs of pupils based on teacher assessment and knowledge of the cohort. N.B. Year 2 do not teach the private body parts lesson (in line with the school's Relationship Education policy).														
	The core curriculum is split into four key topic areas: Relationships, Keeping Safe, Understanding the Law and Wellbeing.														
Bespoke PSHE curriculum	Teachers build on the core offer with our bespoke curriculum responding to safeguarding needs, the context of the pupils and the wider community. Our bespoke curriculum includes at least two lessons on young carers for each year group and additional lessons on grief and loss.														
Mindmate Y1-Y6	Feeling Good and Being Me		Strong Emotions		Being the Same, Being Different		Solving Problems		Friends and Family		Life Changes				
Additional Relationship Education			Year 6 Relationship Education and optional Sex Education								Year 4 + 5 Relationship Education				

	Relationships	Keeping Safe	Understanding the Law	Wellbeing
EYFS Passport	What are emotions? What is self-worth?	What is empathy? What is resilience?	What is respect? What is risk?	
EYFS	How can I be a good friend? How can I make other children feel happy? How can I play nicely with others? How can adults at school help me?	How can I play safely? How can I keep safe at school? How can I keep safe at home?	What are rules? What are consequences? What can I do if I'm feeling big emotions? Who are the police and how do they help us?	How can I be a germ buster? How does food help me? How does exercise help me?
Year 1	How can I be an ally? How can I make friends? What if my friends are making me feel sad? What is bullying? Why are safe hands important? Why is name calling unkind?	How can I keep safe in new places? How can I speak up? How can I use things at home safely? What is 999? What is private information? Who are my trusted adults?	How can I be responsible? What can happen when rules are broken? What do the police do? Why have different rules in different places?	What makes me special? What do feelings feel like? How can I share my feelings? How can I be an empathy expert?
Year 2	How are we the same? How are we different? How can I work with different people? How do I share family worries? What is a family? Why are relationships important?	How can I keep safe online? What are different types of meetings? What are medicines? What is fire safety?	What are needs and wants? What is a job? What is money? What is the internet? Why does age matter?	How can I deal with change? What does it mean to be healthy? How can I look after my body? Why is sleep important? When do I need to take a break? What are the risks of video gaming?

	Relationships	Keeping Safe	Understanding the Law	Wellbeing
Year 3	How should we treat people? What can I do when friendships go wrong? What do we mean by consent in friendships? What is bullying? Who are my key people?	How can I share my worries? What are emergency services? What are emergency situations? What do we mean by risk? When should I break a secret?	How can I be a responsible citizen? How do we enforce the law? What are children's rights? What is the law and why do we have it?	What is mental health? What am I good at? How can intense feelings feel? What words can I use to talk about my feelings? How can vaccinations support our health? How does school help me?
Year 4	How can we be role models? What is a healthy friendship? What is discrimination? What is diversity? What is peer influence? Who makes up my community?	How can I keep safe in my local area? How can we keep safe on the road? What are hazards in the home? What is first aid? Who do I encounter?	How can I respect my environment? What are protected characteristics? What can I be? What is hate crime?	How do my choices help me to be healthy? What are healthy habits? Why is food fuel? How can I be a hygiene hero? How does school build my character? What is my body trying to tell me?
Year 5	How can my adult relationships affect my future? How do words have power? What are my personal boundaries? What are online friendships? What is grooming? What is media influence? What is peer pressure?	How can we keep our things safe? How can we use our phones sensibly? What are deep fakes? What are the risks with money? What do I know about drugs? Why are our special people important? What is media literacy?	How do rules help our community? What can and can't I do on the internet? What is gambling?	What is my personal identity? How might puberty impact the way I feel? How might being online impact the way I feel? How might my activity levels impact the way I feel? How might school impact the way I feel? How can drugs and alcohol make people feel?
Year 6	How can I get ready for secondary relationships? How can we be allies against racism? How can we challenge sexism? How can we respect different relationships? What is a debate? What is my relationship with authority?	How is my data shared? What is spiking? What is the issue with addiction? (Vaping/smoking) Why does media have age restrictions? Bonfire Night Lesson Halloween Lesson	What different types of crime are there? What does the law say about legal drugs? What does the law say about marriage? What is a weapon? What is antisocial behaviour? What is shop theft?	What does adulthood look like? How can I re-frame my thinking? How can I seek support for my mental health? How can I manage moving to high school positively? What is grief?