




































PSHE LONG TERM PLANNING

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Nursery	Me and my family	Where do I live?	Where is my School?	How have I Changed?	Who are my friends?	What am I the best at?
	To say my name. To name members of my family.	To talk about their house and who lives there.	To talk about what they can see in the local area when they go on a walk.	To talk about photos of them as a baby. To talk about how they've changed.	To say the names of my friends and why I like them.	To be able to identify their strengths in discussion with an adult.
Reception	Jobs I know	Foods I like and dislike	Where I live	Helping others	How to be a good friend	What are our Superpowers?
	To talk about jobs people do in their family and in school.	To try different foods and talk about likes/dislikes.	To talk about what is near their home and special places.	To identify the different people who help us in our community.	To explain what makes a good friend.	To be able to talk about their strengths in discussion with an adult.
YEAR 1	British Values Whole School Focus: Class rules and working together. 	Mental and Emotional Health 	Keeping Safe 	Healthy Lifestyles 	Living in the Wider World 	Relationships 
	What groups do I belong to? How can we choose together? What if everyone did that? How can I express myself? How can I be a good friend to everyone?	My feelings and behaviour. 	Keeping safe at school, home and outside. 	Food origins and oral hygiene. 	Money and the environment. 	Families and what makes us the same. 

YEAR 2	British Values	Mental and Emotional Health	Keeping Safe	Healthy Lifestyles	Living in the Wider World	Relationships
	<p>Who are our patron saints? Is it fair? What are our school rules? What does it mean to give consent? Is it ok to have a different kind of family?</p>	<p>Others' feelings and online safety.</p> 	<p>Keeping safe with common medicines and household substances.</p> 	<p>Basic human needs and disease prevention.</p> 	<p>My community, spending money and looking after the environment.</p> 	<p>Privacy, ageing and friendship.</p> 
YEAR 3	British Values	Mental and Emotional Health	Keeping Safe	Healthy Lifestyles	Living in the Wider World	Relationships
	<p>Why do people have logos, uniforms and flags? Who is in charge of the school? Why are rules different in different places? Do animals have rights? Is it ok to believe different things?</p>	<p>Managing behaviour and mental health. Communicating online safely.</p> 	<p>Self-control and managing risks.</p> 	<p>The Eatwell Guide and sun safety.</p> 	<p>Law protection, different communities and earning money.</p> 	<p>Personal space and trust.</p> 
YEAR 4	British Values	Mental and Emotional Health	Keeping Safe	Healthy Lifestyles	Living in the Wider World	Relationships
	<p>Which values do we share? How are our Prime Minister and Government voted in? What are my rights and my responsibilities? How does it feel to have your freedom taken away? What is racism?</p>	<p>Resilience and responsibility of actions.</p> 	<p>Assessing risk and emergency protocol.</p> 	<p>Fuelling the body and identifying illness.</p> 	<p>My rights and looking after money</p> 	<p>Diversity and body changes.</p> 

<p>YEAR 5</p>	<p>British Values</p> <p>Do you have to be born in the UK to be British? How do our national and local government make decisions that affect us? How are laws made? Does everyone in the world have the same rights? What is the Equality Act?</p>	<p>Mental and Emotional Health</p> <p>Social media and mental health impact</p> 	<p>Keeping Safe</p> <p>Responding to risks and growing independence.</p> 	<p>Healthy Lifestyles</p> <p>Positive body image, infection control and nutrition</p> 	<p>Living in the Wider World</p> <p>Fairtrade and enterprise skills.</p> 	<p>Relationships</p> <p>Puberty and my rights</p> 
<p>YEAR 6</p>	<p>British Values</p> <p>What was the British Empire? How can my voice be heard? How is the law enforced? What promoted the Universal Declaration of Human Rights? What are extremism and radicalisation?</p>	<p>Mental and Emotional Health</p> <p>Stereotyping and challenging negative thoughts and feelings.</p> 	<p>Keeping Safe</p> <p>Managing peer pressure and first aid skills.</p> 	<p>Healthy Lifestyles</p> <p>Connection between mental and physical health.</p> 	<p>Living in the Wider World</p> <p>Money management and aspirations.</p> 	<p>Relationships</p> <p>Independence and positive relationships.</p> 