



# Long Term Plan - PSHCE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Families and relationships	Health and wellbeing	Citizenship	Economic wellbeing	Safety and the changing body	Safety and the changing body
EYFS	Who is my family? Who is special to me? Who is your friend? Why are these special	How to show feelings Behaviour Consequences Healthy foods Hand washing	Responsibility Community	Career and aspirations	Who can help me? What is a stranger? Who to ask in different scenarios	
Year 1	Setting ground rules What is family? What are friendships? Family and friends help and support each other	Wonderful me What am I like? Ready for bed Relaxation Hand washing & personal hygiene	Responsibility Community Democracy	Money Career and aspirations	Getting lost Making a call to the emergency services Asking for help Appropriate contact Transition	
Year 2	Setting ground rules Families offer stability and love Families are all different Managing friendships Unhappy friendships Valuing me Manners & courtesy Loss and change	Experiencing different emotions Being active Relaxation Steps to success Growth mindset Healthy diet Dental health	Responsibility Community Democracy	Money Career and aspirations	The Internet Communicating online Secrets and surprises Appropriate contact Road safety Drug education Transition	

Year 3	Setting ground rules	My healthy diary	Responsibility	Money	Basic first aid
	Healthy families	Relaxation	Community	Career and aspirations	Communicating safely online
	Friendships – conflict	Who am I?	Democracy		Online safety
	Effective communication	My superpowers			Fake emails
	Learning who to trust	Breaking down barriers			Drugs, alcohol & tobacco
	Respecting differences	Dental health			Keeping safe out and about
	Stereotyping				Transition
Year 4	Setting ground rules	Looking after our teeth	Responsibility	Money	Online restrictions
	Respect & manners	Relaxation: Visualisation	Community	Career and aspirations	Share aware
	Healthy friendships	Celebrating mistakes	Democracy		Basic first aid
	My behaviour	Meaning and purpose: My role			Privacy and secrecy
	Bullying	My happiness			Consuming information online
	Stereotypes	Emotions			The changing adolescent body (puberty)
	Families in the wider world				Transition
Loss and change					

Year 5	Setting ground rules	Relaxation	Responsibility	Money	Online friendships
	Build a friend	The importance of rest	Community	Career and aspirations	Identifying online dangers
	Resolving conflict	Embracing failure	Democracy		First aid
	Respecting myself	Going for goals			Drug education
	Family life	Taking responsibility for my feelings			The changing adolescent body (puberty, including menstruation)
	Bullying	Healthy meals			Transition
Year 6	Setting ground rules	What can I be?	Responsibility	Money	Drugs alcohol & tobacco
	Respect	Mindfulness	Community	Career and aspirations	First aid
	Developing respectful relationships	Taking responsibility for my health	Democracy		Critical digital consumers
	Stereotypes	Resilience toolkit			Social media
	Bullying	Immunisation (COVID can be taught here)			The changing adolescent body (puberty, conception, birth)
	Being me	Physical health concerns			What contributes to your identity Gender identity
	Loss and change	Habits – positive and negative			Transition