



PSHE/RSE Long Term Plan 2025-2026



	Healthy Me		Relationships		Living in the Wider World	
Year 1	Healthy Food Healthy Teeth Healthy Bodies Keeping Clean Fun in the Sun	This is Me How We Grow What Are Feelings? Feelings and Loss How We Play and Learn Staying Safe	Respect Polite words Sharing and taking turns Being Helpful Being Kind Getting Hurt	People who care for me What is a family? Family and me My body belongs to me Asking for permission	British Values All about rules Online World Online Safety Welcoming Everyone My Classroom Community Community Helpers	Caring for living things Recycling Plastic pollution Global warming Career Aspirations
Year 2	Healthy habits Dental Health Sleep routines Medicines Feelings BIG feelings	The Human Lifecycle Brilliant Bodies - Naming Body Parts Safety and Risk Safety at Home Road Safety Accidents and Emergencies	Making friends Being a good friend Positive Play Working With Others Manners and respect Resolving conflict	Feeling Lonely Bullying Unkind words Kindness Secrets and surprises	British Values Being Part of a wider Community Diversity within Communities Accessing the Internet Personal Data Online safety Online information - Is it True?	What is money? Ways to pay Earning money Saving and spending Wants and needs Air pollution
Year 3	Feelings and me Resilience & self-esteem Exercise and wellbeing Personal identity Strengths and interests	Personal safety & risk Fire safety Healthy eating What is a habit? Healthy choices	Family and Me People Who Care for Me Caring for others Seeking Permission Privacy and Boundaries	Friendship and Boundaries Respectful Behaviour Bullying and Hurtful Behaviour Role Models Manners and Politeness	British Values Rules and Laws Rights and Responsibilities Internet and E-Safety Age Appropriate Content Why is the News Important?	Jobs and Sectors Jobs and Skills Targets and Goals Career Routes and Qualifications Stereotypes and Women in STEM
Year 4	Staying Healthy Starting to Grow Up - Girls Starting to Grow Up - Boys Changing Emotions Personal Hygiene	Allergies Germs and Illness Vaccinations Drugs and Medicines Habit and Addiction	Committed Relationships Honesty and Trust Positive Friendships Dares, Risks and Challenges Respecting Difference	Communicating Online Cyberbullying Harmful Content and Contact Hurtful Behaviour Secrets	British Values Diverse Communities Racism Prejudice and Discrimination Fake Images Digital Footprint	Value for Money Responsible Spending Keeping Track of Money Gambling and Risk Online Advertising Charities and what they do
Year 5	Healthy Habits Sleep Hygiene Sun Safety Understanding Emotions Expressing Feelings Puberty	Mental Health and Illness Physical Health and Illness FGM Introduction Medicines and Household Safety First Aid	Loving, Stable Families Caring for Babies Behaviour and Respect Developing Friendships Friendships and Feeling Left Out	Peer Pressure Gender Identity and LGBTQ+ Self Esteem and Self Worth Online Behaviour and Risks Stranger Danger	British Values Environment and Climate Change Independence and Responsibility Courtesy and Manners Change, Grief and Loss Internet and Screen Time	Age Restrictions Success and Achievement Careers and Stereotypes Fake News Fire Safety Deforestation
Year 6	Healthy Living Living a Healthy, Active Life Dental Hygiene Germs, Bacteria and Viruses Understanding Mental Health	Body Image Girl's Puberty Boys Puberty Hormones and Emotions Alcohol and its Effects Drug Misuse	Positive Relationships Disagreeing Respectfully Family, Marriage and Civil Partnerships Love and Abuse	Online Relationships Bullying Bullying and Teasing Consent Attraction and Crushes Human Reproduction	British Values Asking for Help and Advice My Identity and Community Diversity & Celebrating Difference Social Media Online Privacy and My Data	The Evolution of Money Different Attitudes towards Money Keeping Safe Transition Knife Crime

