



PSHE/RSE Long Term Plan 2026-2027

	Healthy Me		Relationships		Living in the Wider World	
Year 1	Keeping Clean Healthy Teeth Fun in the Sun Healthy Food Eating Well Keeping Fit and Healthy	This is Me (identity) How We Grow What Are Feelings? Feelings and Loss How We Play and Learn Staying Safe Water Safety	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 All about bodies (Private Body Parts) My body belongs to me (Unwanted Touch) Asking for permission	British Values All about rules Online World (Screen Time) Online Safety Strengths and Interests Jobs and Skills Welcoming Everyone	Caring for living things Recycling Plastic pollution Global warming My Classroom Community Community Helpers
Year 2	Healthy habits All About Teeth Sleep routines Medicines All about feelings BIG feelings	The Human Lifecycle Brilliant Bodies -Private Body Parts and the Swimwear Rule Safety and Risk Safety at Home Road Safety Accidents and Emergencies	Making friends Being a good friend Playing with Others Working with Others Manners and respect Resolving conflict	Feeling Lonely Bullying (Introduction) Unkind words Kindness Secrets and Surprises (Unsafe Touch) Say Goodbye.....Say Hello	British Values What is the internet? Personal Data Online Safety Online Information Belonging to a Community Diversity - Same / Different	What is money? Ways to pay Earning money Saving and spending Wants and needs
Year 3	Feelings and me (Coping Strategies) Resilience & self-esteem Exercise and wellbeing Grief and Loss Personal identity Strengths and interests	Personal safety & risk Fire safety First Aid (Burns and Scalds) Healthy eating What is a habit? Healthy choices	Role Models Manners and Politeness Family and Me People Who Care for Me Caring for Others	Seeking Permission Friendship and Boundaries Privacy and Boundaries Managing Needs Respectful Behaviour Bullying or Teasing?	British Values Rules and Laws Rights and Responsibilities Community Responsibilities Age Appropriate Content Why is the News Important? (Precursor to fake news)	E-Safety Jobs and Sectors Careers and Skills Targets and Goals Career Routes Stereotypes
Year 4	Healthy Lifestyles Staying Healthy First Aid (Allergies) Germs and Illness Drugs and Medicines Vaccinations	Growing Up - Boys Growing Up - Girls Changing Emotions Personal Hygiene Dental Hygiene Sleep Hygiene	Committed Relationships Honesty and Trust Positive Friendships Preventing Bullying Hurtful Behaviour Respecting Difference	Internet and Screen Time Age Restrictions Communicating Online Online Relationships Harmful Content and Contact Secrets (Keeping Good and Sharing Bad)	British Values Respecting Difference Diverse Communities Racism Prejudice and Discrimination	Responsible Spending What is Fairtrade? Value for Money Keeping Track of Money What is Advertising? Gambling and Risk
Year 5	Healthy Habits Being Healthy - Diet Being Healthy - Exercise Physical Health First Aid (Common Injuries) Germs Bacteria and Viruses What is Mental Health	Understanding Emotions Feelings and Emotions Self Esteem Body Image Puberty (boys and girls)	Positive Relationships Loving, Stable Families Love and Abuse FGM Introduction Online Behaviour and Risks Stranger Safety	Behaviour and Respect Friendships Feeling Left Out Peer Pressure Dares and Challenges Bullying and Hurtful Behaviour	British Values Asking for Help What is Social Media? Fake News Fake Images (Photoshop and Deep Fakes) Digital Footprints	Courtesy and Manners Success and Achievement Independence and Responsibility Careers and Stereotypes The Environment Part 1 The Environment Part 2
Year 6	Medicine and Product Safety Habits and Addiction Caffeine and Energy Drinks What is Alcohol? Drugs (Introduction to Illegal Drugs) Vaping Danger	Puberty and our Genes Boys and Girls Puberty Hormones and Emotions Mental Health Symptoms Sun Safety Personal Safety and Hazards First Aid (Life Support)	Disagreeing Respectfully Positive Male Role Models (Harmful Stereotypes) Cyberbullying and Harassment Online Gaming Danger Group Chats (Bullying) Online Privacy and Data	Consent Sexual Harassment Attraction and Crushes Family and Commitment Starting a Family (No Sex-Ed) Caring for Babies	British Values My Identity and Community Diversity in the UK Protected Characteristics What is Money? Attitudes towards Money Money and the Cost of Living	What is Artificial Intelligence? Knife Crime Grief, Change and Loss Transition to Secondary School



