



PSHE/RSE Long Term Plan 2026-2027

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



