

PSHE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early years	RSE / EHWB Feelings and attitudes, feeling happy and sad Emotional resilience, recognising feelings		RSE / EHWB Emotional resilience, managing feelings Feelings and impacts on self and others		PHWB 32 Well and unwell – spread of germs (inc. teeth)	PHWB 33 Keeping safe and risks – right and wrong / rules
Yr 1	EHWB 5 Feelings	RSE 2 Special people, Family, Friends and friendships	RSE 1 Body privacy Worries and asking for help	PHWB 29 Looking after our bodies safely Medicines and safety	RSE / EHWB 7 Changes in growth Boys, girls and stereotypes Similarities and differences	RSE / PHWB 8 Being safe in unfamiliar situations Private and privacy
Yr2	RSE / EHWB 6 Feelings and impact on self and others Managing feelings	RSE 3 Family, kindness, relationships, love	EHWB 48 Coping with loss and changing situations – loss and bereavement	DML 21 Digital footprints, Risk of sharing online Identity online and offline	DML Communicating with others online 22	PHWB 30 Keeping safe in emergencies First aid
Yr3	RSE 11 Types of relationship (love and commitment)	EHWB 42 Self esteem	DML 26 Online security and sharing information	EHWB 45 Health and wellbeing	PHWB 36 Cleanliness, germs and immunisations	EHWB / PHWB 39 Sleep and emotional health, Everyday substances
Yr 4	RSE / EHWB 19 Challenging the impact of feelings on self Dealing with strong feelings Changes	RSE / EHWB 13 Changes in relationships (when relationships go wrong) Changing feelings Friendships and bullying	DML 25 Online vs real world Knowing people online	RSE 14 Gender expectations	RSE 15 Body changes and puberty	PHWB 51 Risk, hazard and emergency
Yr5	EHWB 43 Image and representation	RSE / EHWB 18 Pressure to share and dares	DML 23 Online profiles and age appropriateness	RSE 10 Early warning signs, saying yes or no Body privacy Body Safety	PHWB 34 Tobacco, smoking and vaping	PHWB 38 Responsibility to be safe Safety rules and laws
Yr 6	EHWB 47 Understanding change Learning and achievement Moving on	RSE 16 Media influences, Masculinity and femininity	DML 27 Legal use of information Cyberbullying and negative behaviours Managing time online	RSE 12 Relationships and conception	PHWB 50 Drugs and usage	EHWB 44 Achievements and goals