

PSHE LONG TERM PLAN (KS1/KS2)

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Discovery Curriculum	Healthy & happy friendships	Similarities & differences	Caring & responsibility	Families & committed relationships	Healthy bodies, healthy minds	Coping with change
DfE Relationships Education, RSE	Caring friendships/ Being safe	Respectful relationships, including online relationships	Families and people who care for me	Families and people who care for me	Being Safe	Changing adolescent body
YR 1	Forming friendships and how kind or unkind behaviours impact other people.	Similarities and differences between people and how to respect and celebrate these.	Identifying who our special people are and how they keep us safe Media/Digital resilience: Using the internet and digital devices; communicating online	What a family is (including difference and diversity between families), and why families are important and special.	Our bodies and the amazing things they can do. Learning the correct names for different body parts.	Growing from young to old and how we have changed since we were born. Money & Work: Ways we will change and grow in the future how we can control our future and economic wellbeing
No Outsiders	Elmer by David McKee LO: To like the way I am.	Ten Little Pirates by Mike Brownlow and Simon Rickerty LO: To play with boys and girls	That's not how you do it by Ariane Hofman- Maniyar LO: To accept people are different	Max the Champion by S. Stockdale LO: To understand that our bodies work in different ways.	My World, your World by Melanie Walsh LO: To understand that we share the word with lots of people	
YR 2	Understanding what makes a happy friendship. Recognising personal boundaries and safe/unsafe situations	Exploring different strengths and abilities. Understanding and challenging stereotypes.	The different communities and groups we belong to and how we help and support one another within these. Media/Digital resilience: Using the internet and digital devices; communicating online	The different people in our families, and how families vary.	Ways to stay healthy, including safe and unsafe use of household products and medicines.	Exploring how our bodies and needs change as we grow older. Aspirations and goal setting. Money & Work: What money is; needs and wants; looking after money
No Outsiders	The Great big book of families by M. Hoffman LO: To understand what diversity is	The First Slodge by Jeanne Willis LO: To understand how we share the world	The Odd Egg by Emily Gravett LO: To understand what makes someone feel proud	What the Jackdaw saw by Julia Donaldson and Nick Sharratt LO: To feel proud of being different	Blown Away by Rob Biddulph LO: To be able to work with everyone in my class	
YR 3	Being a good friend and respecting personal space. Strategies for resilience.	Respecting and valuing differences. Shared values of communities. Money & Work: About jobs that people may have from different sectors e.g. teachers, business people, charity work	Our responsibilities and ways we can care and show respect for others. Media/Digital resilience: How the internet can be used positively for leisure, for school and for work	Different types of committed relationships and the basic characteristics of these.	Maintaining physical and mental wellbeing, through healthy eating, sleep and keeping clean.	Coping with feelings around the changes in our lives.
No Outsiders	Big Bob, Little Bob by James Howe LO: To use my pupil voice	This is our house by Michael Rosen LO: To understand what discrimination means	Two Monsters by David McKee LO: To find a solution to a problem	The Hueys in the New Jumper by Oliver Jeffers LO: Use strategies to help someone who feels different	Beegu by Alexis Deacon LO: To be welcoming	

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Discovery Curriculum	Healthy & happy friendships	Similarities & differences	Caring & responsibility	Families & committed relationships	Healthy bodies, healthy minds	Coping with change
DFE Relationships Education, RSE	Caring friendships/ Being safe	Respectful relationships, including online relationships	Families and people who care for me	Families and people who care for me	Being Safe	Changing adolescent body
YR 4	Solving friendship difficulties. How to act if someone invades your privacy or personal boundaries.	Identity and diversity. Seeing different perspectives and not making judgements based on appearance.	Rights and responsibilities within families and wider society, including the UN Convention on the Rights of the Child.	The range of relationships we experience in our everyday lives. How to understand the differences between types of relationships we encounter.	Influences on our health and wellbeing, including friends, family and media, and awareness of how these can affect personal health choices. Money & Work: how people make different spending decisions based on their budget, values and needs Media/Digital resilience: That everything shared online has a digital footprint	How our bodies change as we enter puberty, including hygiene needs and menstruation.
No Outsiders	Dogs don't do ballet by A. Kemp and S. Ogilvie LO: To know when to be assertive	King and King by L.de Hann and S. Nijland LO: To understand why people choose to get married	The Way back home by Oliver Jeffers LO: To overcome language as a barrier	The Flower by John Light LO: To ask questions	Red: A crayon's story by Michael Hall LO: To be who you want to be	
YR 5	Identity and peer pressure off- and online. Positive emotional health and wellbeing.	Celebrating strengths, setting goals and keeping ourselves safe online. Money and Work: Identifying job interests and aspirations; what influences career choices; workplace stereotypes Media/Digital resilience: How information online is targeted; different media types, their role and impact	How our care needs change and the effects of loneliness and isolation. Ways in which we can show care in the community.	The characteristics of healthy, positive and committed relationships, and how these develop as people grow older.	Our unique bodies and self-acceptance – valuing our bodies and minds; lifestyle habits (including alcohol, tobacco and drugs) and their effects on wellbeing.	How puberty changes can affect our emotions and ways to manage this; questions about puberty and change.
No Outsiders	Where the Poppies Now Grow by H. Robinson and M. Impey LO: To learn from our past	Rose Blanche by Ian McEwan and R. Innocenti LO: To justify my actions	How to heal a broken wing by Bob Graham LO: To recognise when someone	The cow who climbed a tree by Gemma Merino LO: To exchange dialogue	And Tango make Three by J. Richardson and P. Parnell LO: To accept people who are	

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YR 6	How relationships evolve as we grow, including when transitioning to secondary school. How to cope with a wider range of emotions.	Identity and behaviour online and offline. Reflecting on how people feel when they don't 'fit in'.	How we can take more responsibility for selfcare and who cares for us as we grow older, including at secondary school. Money & work: About the role that money plays in people's lives, attitudes towards it and what influences decisions about money	Human reproduction, including different ways to start a family.	Being the healthiest me: ongoing self-care of bodies and minds, including ways to prevent and manage mental ill-health. Media/Digital resilience: Evaluating media sources; sharing things online	Ways to manage the increasing responsibilities and emotional effects of life changes.
No Outsiders	My Princess Boy by C. Kilodavis and S. DeSimone LO: To promote diversity	The Thing by Simon Puttock and Daniel Egneus LO: To welcome difference	The Island by Armin Greder LO: To challenge the causes of racism	Leaf by Sandra Dieckmann LO: To overcome fears about difference	Dreams of Freedom by Amnesty International LO: To recognise my freedom	

Money & Work, Media/Digital Resilience – objectives from the PSHE Association thematic plan ensure full coverage of all PSHE Association Programme of Study.