



Preston C of E Primary School
PSHE Long-Term Plan

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
EYFS	Me and my relationships: *What makes me special *People close to me *Getting help	Valuing difference: *Similarities and difference *Celebrating difference *Showing kindness	Keeping myself safe: *Keeping my body safe *Safe secrets and touches *People who keep us safe	Being my best: *Keeping my body healthy	Right and responsibilities: *Looking after things: friends, environment and money	Growing and changing: *Cycles *Life stages
Year 1	Right and responsibilities *Taking care of things: • Myself • My money • My environment	Valuing difference: *Recognising, valuing and celebrating difference *Developing respect and accepting others *Bullying and getting help	Keeping myself safe: *How our feelings can keep us safe – including online safety *Safe and unsafe *Medicine Safety *Sleep	Me and my relationships: *Feelings *Getting help *Classroom rules *Special people *Being a good friend	Being my best: *Growth Mindset *Healthy eating *Hygiene and health cooperation	Growing and changing: *Getting help *Becoming independent *My body *Taking care of self and others
Year 2	Me and my relationships: *Bullying and teasing *Our school rules about bullying *Being a good friend *Feelings/self-regulation	Valuing difference: *Being kind and helping others *Celebrating difference *People who help us *Listening Skills	Keeping myself safe: *Safe and unsafe secrets *Appropriate touch *Medicine safety	Right and responsibilities: *Cooperation *Self-regulation *Online safety *Looking after money – saving and spending	Being my best: *Growth Mindset *Looking after my body *Hygiene and health *Exercise and sleep	Growing and changing: *Life cycles *Dealing with loss *Being supportive *Growing and changing Privacy

Year 3	Me and my relationships: *Rules and their purpose *Cooperation *Friendship (including respectful relationships) *Coping with loss	Valuing difference: *Recognising and respecting diversity *Being respectful and tolerant *My community	Keeping myself safe: *Managing risk *Decision-making skills *Drugs and their risks *Staying safe online	Right and responsibilities: *Skills we need to develop as we grow up *Helping and being helped *Looking after the environment *Managing money	Being my best: *Keeping myself healthy and well *Celebrating and developing my skills *Developing empathy	Growing and changing: *Relationships *Changing bodies *Keeping safe *Safe and unsafe secrets
Year 4	Me and my relationships: *Healthy relationships *Listening to feelings *Bullying *Assertive skills	Valuing difference: *Recognising and celebrating difference (including religions and cultural difference) *Understanding and challenging stereotypes	Keeping myself safe: *Managing risk *Influences *Online safety	Right and responsibilities: *Making a difference (different ways of helping others or the environment) *Media influence *Decisions about spending money	Being my best: *Having choices and making decisions about my health *Taking care of my environment *My skills and interests	Growing and changing: *Managing difficult feelings *Family Relationships
Year 5	Being my best: *Growing independence and taking responsibility *Keeping myself healthy *Media awareness and safety *My community	Valuing difference: *Recognising and celebrating difference, including religions and cultural *Influence and pressure of social media	Me and my relationships: *Feelings *Friendship skills, Inc. compromise *Assertive skills *Cooperation *Recognising emotional needs	Right and responsibilities: *Rights and responsibilities relating to my health *Making a difference *Decisions about lending, borrowing and spending	Keeping myself safe: *Managing risk, including online safety *Norms around use of legal drugs (tobacco, alcohol) *Decision-making skills	Growing and changing: *Managing difficult feelings *Managing change *How my feelings help keeping safe *Getting help
Year 6	Me and my relationships: *Assertiveness *Cooperation *Safe/unsafe touches *Positive relationships	Valuing difference: *Recognising and celebrating difference *Recognising and reflecting on prejudice-based bullying *Understanding bystander behaviour *Gender stereotyping	Keeping myself safe: *Understanding emotional needs *Staying safe online *Drugs: norms and risks (including the law)	Being my best: *Aspirations and goal setting *Managing risk *Looking after my mental health	Right and responsibilities: *Media bias, inc. social media *Caring: communities and the environment *Earning/saving money *Understanding democracy	Growing and changing: *Coping with changes *Keeping safe *Body Image *Sex education *Self-esteem