

PSHE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation Year A	Self-awareness	Self-care, support and safety	Managing feelings	Changing and Growing	Healthy Lifestyles	Self-awareness/ relationships
	Things we are good at	Taking care of ourselves	Identifying and expressing feelings	Baby to adult	Healthy Eating	Good friends or TEAM (tw)
Foundation Year B	The world I live in	Self-awareness	Managing feelings	Self-care and Support	Healthy Lifestyles	Changing and growing
	Respecting differences in people	Kind and Unkind Behaviour	Identifying and expressing feelings (2)	Keeping Safe	Taking care of physical Health	Dealing with touch
Year 2	Self-care and Support	Self-care and support	Healthy Lifestyles	The world I live in	Self-awareness	The world I live in
	Trust	Keeping safe online	Keeping Well	Jobs people do	Think Positive (tw)	Taking care of the environment
Year 3	Self-awareness	Changing and growing	Managing feelings	Changing and Growing	Healthy lifestyles	Changing and Growing
	Playing and working together	Dealing with touch (2)	Identifying and expressing feelings (3)	Different types of relationships	Healthy eating (2)	Baby to adults (2)
Year 4	Self-awareness	Self-care, support and safety	Managing Feelings	Self-care, support and safety	Self-awareness	The world I live in
	People who are special to us	Public and Private	Managing Strong Feelings	Taking care of ourselves	Getting on with others	Belonging to a community
Year 5	Self -Awareness	The world I live in	Changing and growing	The world I live in	Self-care, support and safety	Changing and Growing
	Families and people who care	Taking care of the environment	Changes at Puberty	Rules and Laws	First aid	Different types of relationships (2)
Year 6	The world I live in	The world I live in	Changing and growing	Self-care, support and safety	Managing Feelings	Self-care, support and safety
	Belonging to a community (2)	Money Matters	Changes at Puberty (2)	Public and Private 2	Managing Strong Feelings (2)	First aid (2)

Only 1 keeping self-online - if we can say this will be covered in computing, change this to road safety.

Blue print + SOW already written Red Print = Supplementary units to PSHE association to further cover RSE.

Section	Key stage 1 and 2 Topic areas	Created modules
Self-Awareness	<ol style="list-style-type: none"> 1. Things we are good at F Yr AT1 2. Kind and unkind behaviours F Yr B T2 3. Playing and working together Yr3 T1 4. People who are special to us Yr 4 T1 5. Getting on with others Yr 4 T5 	<ol style="list-style-type: none"> 1. Good friends F YrA T6 2. Think positive (tw) Yr2 T5 3. Families and those who care Yr5 T1 (rse)
Self-Care, Support and Safety	<ol style="list-style-type: none"> 1. Taking care of ourselves F YrA T2 Yr4 T4 2. Keeping safe F Yr B T4 3. Trust Yr2 T1 4. Keeping safe online Yr 5. Public and Private Yr4 T2 Yr 6 T4 	<ol style="list-style-type: none"> 1. First Aid Yr 5 T5 Yr 6 T6

Managing Feelings	<ol style="list-style-type: none"> 1. Identifying and expressing feelings F YrA T3 YrB T3 Yr 3 T3 2. Managing strong feelings Yr4 T3 Yr 6 T5 	<ol style="list-style-type: none"> 1.
Changing and Growing	<ol style="list-style-type: none"> 1. Baby to adult F Yr A T4 Yr3 T6 2. Changes at puberty Yr 5 T3 Yr6 T3 3. Dealing with touch F YrB T6 Yr 3 T2 4. Different types of relationships Yr3 T4 Yr5 T6 	<ol style="list-style-type: none"> 1.
Healthy Lifestyles	<ol style="list-style-type: none"> 1. Healthy Eating F Yr A T5 Yr3 T5 2. Taking care of physical health FYrB T5 3. Keeping well Yr 2 T3 	<ol style="list-style-type: none"> 1.
The World I Live In	<ol style="list-style-type: none"> 1. Respecting differences between people F YrB T1 2. Jobs people do Yr2 T4 3. Rules and laws Yr 5 T4 4. Taking care of the environment Yr2 T6 Yr 5 T2 5. Belonging to a community Yr4 T6 Yr6 T1 	<ol style="list-style-type: none"> 1. Money Matters (tw) Yr6 T2