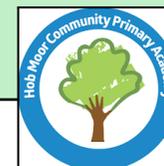


2025-2026, 2026-2027

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>People who help us Who helps you feel safe and cared for at home and at school?</p> <p>Roles of different people, families, feeling cared for. - Identifying different roles.</p>	<p>Keeping Safe When is it important to ask permission before doing something?</p> <p>Seeking permission and safety. - Understanding boundaries, decision making.</p>	<p>Empathy How can you use kind words and actions to make someone else smile?</p> <p>How behaviour affects others and being polite and respectful. - Empathy, recognizing emotions, and positive communication.</p>	<p>Staying Safe Why do we have rules at school, and how can we help take care of our classroom?</p> <p>What rules are and caring for others' needs. - Understanding rules and their purpose, cooperation, problem-solving.</p>	<p>Community What are you good at doing, and how might it be helpful to someone in your community?</p> <p>Strengths and interests and jobs in the community. - Self-awareness, identifying strengths, problem-solving.</p>	<p>Good to be Me What makes you special, and how can you calm yourself down when you feel upset?</p> <p>Recognising what makes them unique and special, feelings, and managing when things go wrong. - Self-awareness, identifying emotions, self-regulation.</p>
Year 2	<p>Friendship How can you be a good friend, and who can you talk to if you're feeling lonely or upset?</p> <p>Building friendships and managing feelings. - Communication, empathy, conflict resolution, seeking support.</p>	<p>Taking Care of others How can you recognise hurtful behaviour and treat others with kindness and respect, even if they are different from you?</p> <p>Being kind and respectful. - Empathy, perspective-taking, communication.</p>	<p>Belonging What does it mean to belong to a group or a community? How can you contribute your strengths and work together with others?</p> <p>Belonging and contributing. - Teamwork, communication, active citizenship.</p>	<p>Staying Safe How can you use the internet safely and responsibly, and how can you stay safe in different environments like at home and on the playground?</p> <p>Staying safe online and offline. - Responsible online behaviour, risk assessment, following safety rules.</p>	<p>Making Good Choices How can you make responsible choices with your money and your health habits?</p> <p>Making responsible choices. - Decision making, financial literacy, self-care.</p>	<p>My Body What changes might happen to your body as you grow older and how can you adapt and manage changes?</p> <p>Growing up and changing - naming body parts. - Adaptability, managing change, communication.</p>
Year 3	<p>Building strong families What makes a family special, and how can we show kindness and respect towards each other at home?</p> <p>Communication, empathy, conflict resolution, setting boundaries. Kindness, respect, responsibility, sense of belonging.</p>	<p>All About Me What are your goals for the future and how can your skills and interests help you to achieve them?</p> <p>Self-awareness, goal setting, problem-solving.: Confidence, resilience, curiosity, initiative.</p>	<p>Staying safe and healthy How can you make healthy choices and stay safe?</p> <p>Decision making, self-care, communication, emotional regulation. Responsibility for well-being, self-awareness, coping mechanisms.</p>	<p>Respectful relationships How can you treat yourself and others with respect?</p> <p>Communication, empathy, self-awareness, assertiveness. Self-respect, respect for others, tolerance, kindness.</p>	<p>Rules and responsibilities Why do we have rules and laws, and how do they help keep us safe and free?</p> <p>Critical thinking, decision making, problem-solving. Responsibility, respect for authority, understanding of fairness.</p>	<p>Being safe online How can you use the internet safely and responsibly, and how do you know if information online is reliable?</p> <p>Critical thinking, information literacy, responsible online behaviour. Self-control, responsibility, digital citizenship.</p>



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Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	<p>Belonging to a community What makes a community strong, and how can we all contribute to it?</p> <p>Teamwork, communication, active citizenship. Social awareness, responsibility, empathy</p>	<p>Celebrating differences How can we learn from and appreciate people's differences, and how can we discuss these differences respectfully?</p> <p>Empathy, perspective-taking, communication. Respect, tolerance, understanding.</p>	<p>Healthy habits and feelings What does a balanced lifestyle look like, and how can you take care of your physical and mental health?</p> <p>Decision making, self-care, communication, emotional regulation. Responsibility for well-being, self-awareness, resilience.</p>	<p>Keeping secrets safe How can you tell if something is a safe secret and when to tell someone you trust? What are the risks of sharing information online?</p> <p>Critical thinking, decision making, communication. Honesty, trustworthiness, responsibility.</p>	<p>Being smart with money How do we make smart decisions about money, and how can we keep our money safe?</p> <p>Decision making, financial literacy, problem-solving. Self-control, responsibility, future orientation.</p>	<p>Strong friendships online and offline How can you build positive relationships online and offline, and what should you do if someone is unkind to you in either space?</p> <p>Communication, empathy, conflict resolution, responsible online behaviour. Kindness, respect, assertiveness, digital citizenship.</p>
Year 5	<p>Friendships How do you make a healthy friendship both on and off line?</p> <p>How can you navigate friendships, resist negative peer pressure, and build healthy relationships in person and online? Building Healthy Friendships Communication, empathy, conflict resolution, decision making, assertiveness. Self-awareness, self-confidence, resilience, respect for others.</p>	<p>Respecting others How and should you treat everyone with respect?</p> <p>How can you treat everyone with respect, even if they seem different, and what can you do if you see someone being treated unfairly? Treating Everyone with Respect Empathy, perspective-taking, communication, critical thinking. Respect, tolerance, fairness, advocacy.</p>	<p>Respecting our world What should we respect?</p> <p>What can we do to protect the environment and show compassion towards others, including animals? Taking Care of Our World Critical thinking, problem-solving, decision making, active citizenship. Empathy, compassion, environmental awareness, responsibility.</p>	<p>Online safety How do people target information at you online?</p> <p>How is information targeted at you online, and how can you tell the difference between different types of media and their impact? Being Smart Online Critical thinking, information literacy, responsible online behaviour, media literacy. Curiosity, discernment, digital citizenship, scepticism.</p>	<p>Your future and discrimination What are you interested in doing, and what influences your career choices? How can we break down stereotypes in the workplace?</p> <p>How do we deal with stereotypes in the workplace? Exploring Your Future and discrimination Self-awareness, goal setting, research, critical thinking. Curiosity, initiative, self-confidence, open-mindedness.</p>	<p>Growing up What's good about growing up?</p> <p>Decision making, self-care, communication, emotional regulation. Self-awareness, responsibility for well-being, resilience, adaptability.</p>
Year 6	<p>Relationships What makes a relationship healthy and respectful?</p> <p>How can you develop positive relationships with people you're attracted to, while respecting their boundaries and your own? Building Strong Connections</p>	<p>Respect towards each other How and should you treat everyone with respect?</p> <p>How can you express your opinions respectfully, even when discussing topics people disagree on? Sharing Ideas and Listening to Others</p>	<p>Pressure and Consent Why and should you say no?</p> <p>How can you recognize pressure and politely refuse, ensuring consent in different situations? Saying No and Staying Safe</p>	<p>Discrimination and diversity How do you challenge discrimination?</p> <p>How can we appreciate differences and challenge discrimination and stereotypes to create a safe and inclusive environment for all?</p>	<p>Money and Me Where does money come from, and how can we be responsible with our money to avoid risks?</p> <p>Managing Money Wisely Decision making, financial literacy, problem-solving.</p>	<p>Being smart online How can you be even smarter online?</p> <p>How can you evaluate information you find online, and what are the risks of sharing things online? Being Smart Online</p>

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	<p>Communication, empathy, self-awareness, boundary setting. Respect, self-confidence, kindness, emotional intelligence.</p>	<p>Communication, active listening, critical thinking, respect for others' opinions. Open-mindedness, empathy, tolerance, ability to disagree respectfully.</p>	<p>Critical thinking, assertiveness, communication, decision making. Self-respect, responsibility, personal safety awareness.</p>	<p>Celebrating Diversity Perspective-taking, empathy, critical thinking, communication. Respect, tolerance, inclusivity, advocacy.</p>	<p>Self-control, responsibility for well-being, future orientation.</p>	<p>Critical thinking, information literacy, responsible online behaviour, media literacy. Self-control, discernment, digital citizenship, scepticism.</p>
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