

PSHE Whole School long-term plan

EYFS	In the Early Years Foundation Stage (EYFS), PSHE is not typically taught as a standalone lesson. Instead, it is embedded throughout the curriculum and primarily delivered through the Personal, Social and Emotional Development (PSED) prime area. It focuses on three core strands: <u>Making Relationships</u> - Developing friendships: Learning to share, take turns, and play cooperatively with peers. - Empathy: Recognizing how their words or actions affect others and offering comfort to upset friends. <u>Self-Regulation and Managing Feelings</u> - Expressing emotions: Identifying and talking about their feelings (using stories and emotion cards) and learning how to calm down. - Understanding boundaries: Following classroom routines, understanding why rules are important, and learning right from wrong. <u>Managing Self and Building Confidence</u> - Independence: Managing their own personal hygiene (e.g., handwashing, using the toilet) and independently selecting activities. - Resilience: Learning to persevere when faced with a tricky task and developing confidence in their own abilities.					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Celebrating me, you and our families Includes: Explore individuality Recognise similarities and differences Recognise different families Explain how families can	Being healthy Includes: Healthy lifestyles: sleep, healthy food and drink, physical activity, hygiene routines, brushing teeth, sun safety	Mental health and wellbeing Includes: Notice and name different types of feelings and thoughts Learn simple self-regulation strategies <i>(This topic will run throughout the year)</i>	Safety at home Includes: Hazards and risks in the home Food and drink choices Hygiene routines <i>(This topic will run throughout the year)</i>	Making friends: playing and Includes: How to listen, share and work together When and how to ask for permission Friendships: Being kind and falling out <i>(This topic will run throughout the year)</i>	Showing kindness to ourselves and others Includes: Feelings Kindness <i>(This topic will run throughout the year)</i>

	care for each other					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	Mental Health and wellbeing Includes: Explore a range of feelings and their intensity Strategies to manage feelings Introduce different kinds of change	Keeping safe online Includes: How online content can impact feeling Encourage pupils to make safe choices about what they watch or share online	Me, my body and staying safe Includes: How people change as they grow from young to old PANTS rules can help keep children safe	Safety outside the home Includes: Road and rail safety What is an emergency - how to get help from an adult or call 999	Looking back and moving on Includes: Extension and embedding activities	
Year 3	Me, my friends and belonging Includes: How friendship is important The qualities of good friendships How to deal with falling out Respect differences How to respond to hurtful behaviour	Mental health and wellbeing Includes: Self-regulation strategies Managing worries, thoughts and responses	Building Healthy habits Healthy habits: healthier food and drink, maintaining dental health and regular physical activity	Making choices online Includes: How to protect information online How to make choices about online content Understanding age ratings Opportunities and risks of the online world	Keeping safe out and about Includes: Identify risk and keep safe in the sun, around railways and water	Looking out for each other Includes: The basics of first aid How to make an efficient call to the emergency services Revision and extension of Year 3 PSHE work
Year 4	Mental health and wellbeing Includes: Self-regulation strategies Factors that can support wellbeing	Exploring ways to manage risk Includes: Assessing and managing risk in different contexts (e.g. fireworks, keeping safe at home, medicines, fire risk, household products) How to deal with peer influence	Forming respectful relationships Includes: Friendships Friendship challenges Kindness How to deal with hurtful behaviour on-line and off-line		Me, my body and growing up Includes: Physical and emotional challenges experienced during puberty	Families and growing together Includes: How families care and support for each other Diverse family structures and the commonalities of all families The functions of families How families can change

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Friendships, stereotypes and bullying Includes: Respectful relationships Including other people Positive, respectful relationships Challenging stereotypes Respecting similarities and differences	Respecting boundaries Includes: Personal boundaries PANTS rule	Mental health and wellbeing Includes: Noticing and naming emotions Managing distractions Changing thinking habits and managing worries	Safe connections online Includes: Stay safe and manage risks if socialising online Cybercrime Respectful behaviour on-line Having a positive mindset, being a good team player and being confident	Embedding healthy habits and learning first aid Includes: Healthy habits, such as sun safety, regular exercise and goal setting Further work on first aid from Saint John's Ambulance (e.g. allergies, bites and stings)	
Year 6	Mental health and wellbeing Includes: Explore strategies that support wellbeing Managing stress and worries Positive thinking habits	Developing our AI literacy Includes: Different types of AI The impact of AI Opportunities, challenges and risks of AI Risks around sharing images on-line	Changes in puberty Includes: Puberty, including increased independent and new sleep patterns Positive, healthy relationships	Drug education: assessing risk and managing influences Includes: Medicines, legal and illegal drugs What the law says about drugs Influences and pressure The dangers of needles	Looking to the future Includes: Transition to secondary school How to seek support at secondary school	

				Tobacco, vaping and alcohol	
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PCD KS3 and KS4 Long-Term Curriculum Overview

Statutory Requirement

Non Statutory (until September 2027)

Includes Sex Education

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
S1	Emotional Wellbeing: Managing Change and Transition This unit helps students transition to secondary school, set learning goals and develop social and	Friendship and Bullying This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents.	Families and changing relationships This unit covers the role of families, including caring for each other in changing circumstances, such as divorce or separation.	Puberty and Keeping Safe This unit revisits learning about puberty from KS2. It then focuses on specific learning about testicular and vulval health, as well as how to identify and report abuse.	Influences on Relationships This unit helps students consider influences on their expectations of – and attitudes towards – relationships, including online and media influences.	Financial Decisions This unit supports students to develop their financial literacy and rehearse decision-making and risk assessment skills in relation to money and

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	emotional skills. <u>Learner Profile:</u> Communicators Balanced Reflective Caring	<u>Learner Profile:</u> Communicators Caring Balanced Open-Minded Knowledgeable Risk-Takers Principled	<u>Learner Profile:</u> Caring Communicators Reflective Knowledgeable Balanced	<u>Learner Profile:</u> Knowledgeable Communicators Thinkers	<u>Learner Profile:</u> Reflective Thinkers Knowledgeable Principled Open-Minded Inquirers	spending. <u>Learner Profile:</u> Thinkers Knowledgeable Reflective Principled Inquirers Risk Takers
S2	Health and Wellbeing In this unit, students develop decision-making skills that support a healthy lifestyle and their wellbeing: from considerations about food, exercise and sleep, to assessing the impact of climate change on young people's wellbeing.	Personal Safety and Managing Risks This unit is an opportunity for students to assess risk and support their personal safety in a range of contexts, including on the roads, around water, and in relation to alcohol and other drugs.	Belonging and Community This unit focuses on how to create respectful and cohesive communities. It helps students recognise and challenge bias, stereotypes and discrimination and promote inclusion. <u>Learner Profile:</u> Reflective	The Online World This unit helps students to recognise how their behaviour can be manipulated online, through algorithms and targeted content. It helps students assess how online platforms generate income through users. <u>Learner Profile:</u> Balanced	Healthy and Unhealthy Relationships This unit introduces a range of relationship issues facing young people, including harassment, image-sharing and gendered violence, and how to get support. <u>Learner Profile:</u> Principled Knowledgeable	Managing Money This unit builds on previous learning about financial decision making to explore aspects of daily economic wellbeing, such as managing bank accounts and different ways of saving and borrowing. <u>Learner Profile:</u> Risk Takers Principled

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<u>Learner Profile:</u> Reflective Risk Takers Balanced Principled Knowledgeable Inquirers Thinkers	<u>Learner Profile:</u> Reflective Balanced Principled Knowledgeable Inquirers Thinkers	Open-Minded Caring Balanced Principled Inquirers Communicators	Principled Knowledgeable Inquirers Thinkers	Inquirers Communicators Thinkers	Knowledgeable Inquirers Thinkers
S3	Mental Health and Wellbeing Building on previous learning, this unit gives students the opportunity to rehearse essential self-regulation strategies and apply them to new and complex situations. <u>Learner Profile:</u> Open-Minded Reflective Balanced	Drug Education This unit builds on previous learning, focusing on developing skills to manage situations involving alcohol, vapes or other substances. <u>Learner Profile:</u> Principled Knowledgeable Inquirers Thinkers	Managing Risk in relation to the law This unit helps students to assess the ways young people might be drawn into criminal behaviour, and the impact of breaking the law. <u>Learner Profile:</u> Balanced Principled Knowledgeable Communicators Thinkers	Intimate Sexual Relationships In this unit, students revisit learning about consent and learn about healthy, safe sexual relationships, including using contraception. <u>Learner Profile:</u> Reflective Caring Balanced Principled Knowledgeable Inquirers	Navigating Online Harms This unit explores online harms young people may be exposed to, focusing on how they can respond to deepfake AI images and misogynistic narratives. <u>Learner Profile:</u> Reflective Open-Minded Balanced Principled	Careers and Future Choices This unit encourages students to start thinking about their career goals and future. <u>Learner Profile:</u> Reflective Open-Minded Risk Takers Knowledgeable Inquirers Communicators Thinkers

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<i>Knowledgeable Communicators</i>			<i>Communicators Thinkers</i>	<i>Knowledgeable Inquirers Thinkers</i>	
S4	Financial Literacy for the Future This unit builds on previous learning about financial decision making and relates it to their future lives outside school. The unit explores financial responsibilities such as mortgages, tax, rent and student loans.	Exploring Consent and Recognizing Abuse This unit revisits and deepens students' understanding of consent, and helps them recognise, challenge and seek support for harmful behaviours or abuse. <u>Learner Profile:</u> Reflective Caring	Friendship, Diversity and Challenging Extremism This unit supports students to challenge bullying and harmful attitudes, promote inclusion, and recognise and respond to extremism. <u>Learner Profile:</u> Reflective Open-Minded Caring Balanced Principled	Managing Influence This unit helps students to evaluate online content, understand how harmful attitudes such as misogyny spread, and recognise the impact of content on wellbeing, attitudes and behaviour. <u>Learner Profile:</u> Reflective	Navigating The Online World This unit helps students understand the impacts and risks of AI and digital technologies, including misinformation, deepfakes, and sharing images. <u>Learner Profile:</u> Reflective Balanced Principled Knowledgeable	Independence, Health Choices and Wellbeing This unit supports students to make informed, healthy and responsible health choices. <u>Learner Profile:</u> Principled Knowledgeable Inquirers Thinkers

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<u>Learner Profile:</u> Risk Takers Balanced Principled Knowledgeable Inquirers Thinkers	Balanced Principled Knowledgeable Communicators Thinkers	Knowledgeable Communicators	Caring Balanced Principled Knowledgeable Inquirers Communicators Thinkers	Inquirers Thinkers	
S5	Drugs and Personal Safety This unit supports students to understand the risks linked to substance use and gang involvement, manage external influences, and develop strategies to stay safe and seek support. <u>Learner Profile:</u> Reflective	Families, Fertility and Pregnancy This unit explores family life, including committed relationships and parenting responsibilities, fertility and routes to parenthood, and options in the case of unplanned pregnancy. <u>Learner Profile:</u> Caring	Safe Relationships and Sexual Health This unit helps students to recognise healthy and unhealthy relationship behaviours, explore power and control, set boundaries, manage conflict and breakups, and make informed decisions about sexual health.	Online Financial Harms This unit supports students to understand online financial risks, manage spending safely, and recognise and respond to financial exploitation. <u>Learner Profile:</u> Reflective Balanced Principled Knowledgeable	Life Long Wellbeing This unit revisits and builds on prior learning about mental health, helping students to explore strategies that support wellbeing, especially when managing workload and preparing for exams <u>Learner Profile:</u>	

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<i>Caring Principled Knowledgeable Communicators Thinkers</i>	<i>Open-Minded Principled Knowledgeable Inquirers Communicators</i>	<i><u>Learner Profile:</u> Reflective Caring Balanced Principled Knowledgeable Communicators</i>	<i>Thinkers</i>	<i>Reflective Open-Minded Risk Takers Balanced Thinkers</i>	

