

PSHE/ RSE Long Term Plan

2025-2026																														
Year 1						Year 2						Year 3 / 4						Year 5						Year 6						
A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	
	Famili es and Relati onshi ps		Citiz enshi p		Econo mic Wellb eing & Transi tion		Healt h and Wellb eing		Safet y and the Chang ing Body		Famili es and Relati onshi ps			Econ omic wellb eing		Healt h and Well being		Famili es and Relati onshi ps			Healt h and Well bein g		Econo mic Wellb eing		First Aid		Safet y and the Chang ing Body		Y6 identi fy	Transi tion to High Schoo l

2026-2027																													
Year 1						Year 2						Year 3 / 4						Year 4 / 5						Year 6					
A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2	A u t u m n 1	A u t u m n 2	S p r i n g 1	S p r i n g 2	S u m m e r 1	S u m m e r 2
	How can we look after our emoti ons?		How can I stay safe?		How can I prote ct myse lf and others in daily life?		How can I find safe, kind and caring relati onshi ps with other s?		How can we look after and resp ect our bodi es as we grow ?		How can we look after our bodie s?		What helps us feel safe and includ ed?		Wha t signs help me reco gnise what is safe or unsaf e?		How can we respe ct each other ?		How can I mana ge the chang es to my body as i grow up?		How am I influe nce d by what I see onlin e?		Why are Healt hy Relati onshi ps Import ant?		How do peopl e beco me paren ts and carers		Wha t does it mea n to stan d up for myse lf and othe rs	Transi siton	