



# PSHRE Long Term Plan

*Revised March 2026*

## Intent:

- For children to become healthy, independent and responsible members of society.
- For children to understand how they are developing personally and socially, and to give them the skills to tackle many of the moral, social and cultural issues that are part of growing up.
- To provide pupils with opportunities to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society.
- To encourage pupils to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

Year Group	Core theme : Relationships		Core theme: Living in the wider world		Core theme: Health and wellbeing	
	Autumn 1 Families and Friendships Safe relationships	Autumn 2 Respecting ourselves and others	Spring 1 Media literacy and digital resilience	Spring 2 Belonging to a community, money and work	Summer 1 Physical health and mental wellbeing	Summer 2 Growing, changing and keeping safe
<b>The Nook</b>	Learning to play with others Communicating with others	Sharing		Knowing who the safe people are in school and in the community	Self regulation Hygiene – using toilet correctly	
<b>Nursery</b>	Talking and sharing Friendships	Learning to share with each other Respecting others jobs	Smarty the penguin Devices they have	Jobs people do Keeping tidy Respecting others' belongings	Ourselves Resilience through game playing	Health and hygiene ready for transition

<b>Reception</b>	Family and friends	Good behaviour and showing kindness to others		Jobs people do in the community. How we use money in the toy shop. Role play	Looking after ourselves. Washing hands and cleaning teeth	
<b>1</b>	Roles of different people; families; feeling cared for.	How behaviour affects others; being polite and respectful	Using the internet and digital devices; communicating	What rules are; caring for others' needs; looking after	Keeping healthy; food and exercise, hygiene routines;	Recognising what makes them unique and special; feelings;

			online	the environment	sun safety	managing when things go wrong
	Recognising privacy; staying safe; seeking permission			Strengths and interests; jobs in the community		How rules and age restrictions help us; keeping safe online
<b>2</b>	Making friends; feeling lonely and getting help	Recognising things in common and differences; playing and working cooperatively; sharing opinions	The internet in everyday life; online content and information	Belonging to a group; roles and responsibilities; being the same and different in the community	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year
	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour			What money is; needs and wants; looking after money		Safety in different environments; risk and safety at home; emergencies
<b>3</b>	What makes a family; features of family life	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	How the internet is used; assessing information online	The value of rules and laws; rights, freedoms and responsibilities	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and re-framing setbacks

	Personal boundaries; safely responding to others; the impact of hurtful behaviour			Different jobs and skills; job stereotypes; setting personal goals		Risks and hazards; safety in the local environment and unfamiliar places
<b>4</b>	Positive friendships, including online	Respecting differences and similarities; discussing difference sensitively	How data is shared and used	What makes a community; shared responsibilities	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty
	Responding to hurtful behaviour; managing confidentiality; recognising risks online			Making decisions about money; using and keeping money safe		Medicines and household products; drugs common to everyday life
<b>5</b>	Managing friendships and peer influence	Responding respectfully to a wide range of people; recognising prejudice and discrimination	How information online is targeted; different media types, their role and impact	Protecting the environment; compassion towards others	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; Recognising individuality and different qualities; mental wellbeing
	Physical contact and feeling safe			Identifying job interests and aspirations; what influences career choices; workplace stereotypes		Keeping safe in different situations, including responding in emergencies, first aid and FGM

6	Attraction to others; romantic relationships; civil partnership and marriage	Expressing opinions and respecting other points of view, including discussing topical issues	Evaluating media sources; sharing things online	Valuing diversity; challenging discrimination and stereotypes	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition
	Recognising and managing pressure; consent in different situations			Influences and attitudes to money; money and financial risks		Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media