

Long Term subject plan for:- PSHE

September 2025/26



Topics to be covered by each year group

Year group	Autumn Term		Spring Term		Summer Term	
	THINK EQUAL					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Marvellous me! These feelings The weather inside me Ted the tiger tamer The secret adventures of Anonymouse Curly the Chameleon	Biyu the brave pea Thabo and the trees Passing clouds Yoshi is different	Nisha and the tiger Francisisco's family The two brothers The baby swan	Zelda goes on holiday	The monster in the smoke A tiny seed	Our home
	JIGSAW					
	Being me in my world Celebrating difference		Dreams and Goals Healthy me		Relationships Changing me	
Year 1	Special and safe My class Rights and responsibilities Rewards and feeling proud Consequences Owning our learning charter	The same as Different from... What is bullying? What do I do about bullying? Making new friends Celebrating difference; celebrating me	My treasure chest of success Steps to goals Achieving together Stretchy learning Overcoming obstacles Celebrating my success	Being healthy Healthy choices Clean and healthy Medicine safety Road safety Happy, healthy me	Families Making friends Greetings People who help us Being my own best friend Celebrating my special relationships	Life cycles Changing me My changing body Learning and growing Coping with changes

Year 2	<p>Hopes and fears for the year</p> <p>Rights and responsibilities</p> <p>Rewards and consequences</p> <p>Rewards and consequences</p> <p>Our learning charter</p>	<p>Boys and girls</p> <p>Boys and girls</p> <p>Why does bullying happen?</p> <p>Standing up for myself and others</p> <p>Gender diversity</p> <p>Celebrating difference and still being friends</p>	<p>Goals to success</p> <p>My learning strengths</p> <p>Learning with others</p> <p>A group challenge</p> <p>Our group challenge</p> <p>Celebrating our achievement</p>	<p>Being healthy</p> <p>Being relaxed</p> <p>Medicine safety</p> <p>Healthy eating</p> <p>Healthy eating</p> <p>Happy healthy me</p>	<p>Families</p> <p>Keeping safe</p> <p>Friends and conflict</p> <p>Secrets</p> <p>Trust and appreciation</p> <p>Celebrating my special relationships</p>	<p>Life cycles in nature</p> <p>Growing from young to old</p> <p>The changing me</p> <p>Assertiveness</p> <p>Looking ahead</p>
Year 3	<p>Getting to know each other</p> <p>Our nightmare school</p> <p>Our dream school</p> <p>Rewards and consequences</p> <p>Our learning charter</p> <p>Owning our learning charter</p>	<p>Families</p> <p>Family conflict</p> <p>Witness and feelings</p> <p>Witness and solutions</p> <p>Words that harm</p> <p>Celebrating differences</p>	<p>Dreams and goals</p> <p>My dreams and ambitions</p> <p>New challenge</p> <p>Our new challenge</p> <p>Our new challenge</p> <p>Celebrating my learning</p>	<p>Being fit and healthy</p> <p>Being fit and healthy</p> <p>What do I know about drugs</p> <p>Being safe</p> <p>Safe or unsafe</p> <p>My amazing body</p>	<p>Family roles and responsibilities</p> <p>Friendship</p> <p>Keeping myself safe online</p> <p>Being a global citizen</p> <p>Being a global citizen</p> <p>Celebrating my web of relationships</p>	<p>How babies grow</p> <p>Babies</p> <p>Outside body changes</p> <p>Inside body changes</p> <p>Family stereotypes</p> <p>Looking ahead</p>
Year 4	<p>Becoming a class team</p> <p>Being a school citizen</p> <p>Rights, responsibility and democracy</p> <p>Rewards and consequences</p>	<p>Judging by appearances</p> <p>Understanding influences</p> <p>Understanding bullying</p> <p>Problem solving</p>	<p>Hope and dreams</p> <p>Broken dreams</p> <p>Overcoming disappointment</p> <p>Creating new dreams</p>	<p>My friends and me</p> <p>Group dynamics</p> <p>Smoking</p> <p>Alcohol</p> <p>Healthy friendships</p>	<p>Jealousy</p> <p>Love and loss</p> <p>Memories</p> <p>Getting on and falling out</p>	<p>Unique me</p> <p>Having a baby</p> <p>Girls and puberty</p> <p>Circles of change</p>

	<p>Our learning charter</p> <p>Owning our learning charter</p>	<p>Special me</p> <p>How we look</p>	<p>Achieving goals</p> <p>We did it!</p>	<p>Celebrating my inner strength and assertiveness</p>	<p>Girlfriends and boyfriends</p> <p>Celebrating my relationships</p>	<p>Accepting change</p> <p>Looking ahead</p>
Year 5	<p>My year ahead</p> <p>Being a citizen of my country</p> <p>Responsibilities</p> <p>Rewards and consequences</p> <p>Our learning charter</p> <p>Owing our learning charter</p>	<p>Different cultures</p> <p>Racism Rumours and name calling</p> <p>Types of bullying</p> <p>Does money matter?</p> <p>Celebrating difference across the world</p>	<p>When I grow up</p> <p>Investigate jobs and careers</p> <p>My dream job</p> <p>Dreams and goals</p> <p>How can we support each other?</p> <p>Rallying support</p>	<p>Smoking</p> <p>Alcohol emergency aid body image</p> <p>My relationship with food</p> <p>Healthy me</p>	<p>Recognising me</p> <p>Safety with online communities</p> <p>Being in an online community</p> <p>Online gaming</p> <p>My relationship with technology</p> <p>My relationship staying safe and happy online</p>	<p>Self-image and body image</p> <p>Puberty for girls</p> <p>Puberty for boys</p> <p>Conception</p> <p>Looking ahead 1</p> <p>Looking ahead 2</p>
Year 6	<p>My year ahead</p> <p>Being a global citizen 1</p> <p>Being a global citizen 2</p> <p>The learning charter</p> <p>Our learning charter</p> <p>Owning our learning charter</p>	<p>Am I normal?</p> <p>Understanding difference</p> <p>Power struggles</p> <p>Why bully?</p> <p>Celebrating difference</p> <p>Celebrating difference</p>	<p>Personal learning goals</p> <p>Steps to success</p> <p>My dreams for the world</p> <p>Helping to make a difference</p> <p>Helping to make a difference</p> <p>Recognising our achievements</p>	<p>Taking responsibility</p> <p>Drugs</p> <p>Exploitation</p> <p>Gangs</p> <p>Emotional and mental health</p> <p>Managing stress and pressure</p>	<p>What is mental health?</p> <p>My mental health</p> <p>Love and loss</p> <p>Power and control</p> <p>Being online</p> <p>Using technology responsibly</p>	<p>My self-image</p> <p>Puberty</p> <p>Babies: conception to birth</p> <p>Boyfriends and girlfriends</p> <p>Real self and ideal self</p> <p>The year ahead</p>

Excellence without compromise