

PSHE Long Term Plan

Updated.... 24.11.25



	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Nursery HeartSmart	Get HeartSmart (Meet Boris)	Don't forget to let love in. (I am special)	Too much selfie isn't healthy! (I love others)	Don't hold onto what's wrong (I am a good friend)	Fake is a mistake (I tell the truth)	'No way through' isn't true (I can do it!)
Nursery Other				Big talk education	Dog Safety talk	Water Safety Talk
Reception HeartSmart	Get HeartSmart (Meet Boris)	Don't forget to let love in. (I am special)	Too much selfie isn't healthy! (I love others)	Don't rub it in, rub it out (I am a good friend)	Fake is a mistake (I tell the truth)	'No way through' isn't true (I can do it!)
Reception Circle Time	Communications games Learning name games	Families and people who care for me	Golden Rules - Animal Stories We are gentle We are kind and helpful	Golden Rules - Animal Stories We work hard We listen	Golden Rules - Animal Stories We look after property We are honest	Transition activities
	Weekly Picture news					
Reception			Road safety training	Big talk education	Dog Safety talk	Water Safety Talk

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Other			NHS Hand washing session			
KS1 Cycle A (25-26)	Get HeartSmart	Don't forget to let love in.	Too much selfie isn't healthy!	Don't hold onto what's wrong	Fake is a mistake	'No way through' isn't true
KS1 Circle time	A practical book of Circle Time lesson plans - Jenny Mosley	I try to stand up for myself and others without hurting others I try to be just and fair I can tell you how I look after myself	I think before I make choices that affect my health I can work play rest and play each day Simple things can make us happy I try to use words that make the world a better place	I try to appreciate the beauty and the wonder of the world around me I know that it is ok for me to make mistakes I can learn from my mistakes I try to keep going when things are difficult and not give up hope I know what humility means	I understand the importance of peace I know what human dignity is and I show that I respect other I stand up for people who are being treated unfairly I notice that we are the same and we are different I try to be accepting of others	Year 1 I try to forgive people when they hurt me I accept forgiveness from others I know how to show I am sorry Transition activities
						Year 2 Bow Wowza Wellbeing Transition activities

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	Weekly Picture News					
KS1 Other			Year 2- NSPCC Speak Out Year 2- Scooter training NHS handwashing session	Big talk education	Dog Safety talk	Water Safety Talk Online Safety
KS1 Cycle B (26-27)	Get HeartSmart	Don't forget to let love in.	Too much selfie isn't healthy!	Don't hold onto what's wrong	Fake is a mistake	'No way through' isn't true
KS1 Circle Time	A practical book of Circle Time lesson plans - Jenny Mosley	We are all special I can say one good thing about myself I can say how I feel I can laugh and have fun	I know what to do if I see anyone being hurt I understand that rights match responsibility I try to love others as I love myself	I know that I belong to a community that includes my school I know we are happiest when we are united I listen to what you say, I show that I am	I know when to ask for help and who to ask for help from I can recognise comfortable and uncomfortable feelings I know how to help others when they are in	Year 1 I try to forgive people when they hurt me I accept forgiveness from others I know how to show I am sorry Transition

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			I try to follow our school and classroom rules	listening to you I cooperate with others in work and play	trouble I understand what trust means	activities
						Year 2
						Bow Wowza Wellbeing Transition activities
	Weekly Picture News					
KS1 Other			Year 2- NSPCC Speak Out	Big talk education	Dog Safety talk	Water Safety Talk
			Year 2- Scooter training			Online Safety
			NHS handwashing session			