Wellington Primary School

Personal, Social, Health, Economic (PSHE) Long Term Plan	Autumn 1 Me and my Relationships	Autumn 2 Valuing Difference	Spring 1 Keeping Safe	Spring 2 Rights and Respect	Summer 1 Growing and Changing	Summer 2 Being my Best
EYFS	What makes me special People close to me Getting help	Similarities and differences Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Cycles Life stages Girls and boys: similarities and differences	Keeping my body healthy: food, exercise, sleep Growth Mindset
Year 1	Feelings Getting help Classroom rules Special people Being a good friend	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	How our feelings can keep us safe, including online safety Safe and unsafe touches Medicine Safety Sleep	Taking care of things: myself, environment, money	Getting help Becoming independent My body parts Taking care of myself and others	Growth Mindset Healthy eating Hygiene and health Cooperation
Year 2	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Celebrating differences People who help us Listening skills	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation Online safety Looking after money: saving and spending	Life cycles Dealing with loss Being supportive Growing and changing Privacy	Growth Mindset Looking after my body Hygiene and health Exercise and sleep
Year 3	Cooperation Online rules and restrictions Online behaviours Friendship (respectful relationships) Coping with loss	Recognising and respecting diversity Being respectful and tolerant My community Bullying, including online	Managing risk Decision-making skills Drugs and their risks Staying safe online Digital literacy	Helping and being helped Looking after the environment Managing money Developing critical thinking	Keeping safe Safe and unsafe secrets Relationships, including online	Keeping myself healthy and well Celebrating and developing my skills Developing empathy
Year 4	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising and celebrating difference including religious and cultural differences Understanding and challenging stereotypes	Managing risk including online Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety and behaviours	Making a difference (different ways of helping others or the environment) Media influence and digital literacy Decisions about spending money	Body changes during puberty Managing difficult feelings Relationships including marriage	Having choices and making decisions about my health Taking care of my environment My skills and interests
Year 5	Feelings Friendship skills including compromise Assertive skills Cooperation	Recognising and celebrating difference including religious and cultural differences Critical digital awareness	Online safety Bullying including online Norms around use of legal drugs (tobacco, alcohol)	My health rights, respect and duties Making a difference Decisions about lending, borrowing and spending	Managing difficult feelings Managing change-puberty How my feelings help Keeping safe Getting help	Growing independence and taking ownership Keeping myself healthy Media awareness and safety

	Recognising emotional needs	Online bullying and self esteem	Decision-making skills	Media manipulation Artificial Intelligence		My community
Year 6	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising and celebrating differences Recognising and reflecting on prejudice-based bullying Bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online Digital footprint Drugs: norms and risks including the law	Understanding media bias Digital critical thinking Caring: communities and the environment Earning and saving money Understanding democracy	Coping with changes Keeping safe including online AI / deep fakes Body Image Self-esteem Sex education	Aspirations Managing risk Looking after wellbeing Digital literacy and critical thinking skills