



We use the PSHE Association scheme of work which is endorsed by the DfE. We also use texts from the No Outsiders programme to promote diversity and challenge prejudice within our school, teach our children about the equality act and promote equality for all Protected Characteristics.

Pupils in EYFS will access PSED through their continuous provision set up. Relationships Education is a compulsory part of the statutory PSHE curriculum for all primary school pupils. The content highlighted in blue forms the Sex Education part of the PSHE curriculum. Should parents wish to withdraw their child from these lessons, please arrange a meeting with the headteacher to discuss.

The PSHE Core Themes are as follows:

Living in the Wider World

Health and Wellbeing

Relationships

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS Cycle 1/2	How do I feel about new beginnings?	How do I make friends and look after them? BV: Mutual respect	What things do my family like to do? BV: Mutual respect/ Respect for different faiths and beliefs	How can I keep myself safe and healthy?	How do people help us? BV: The rule of Law/ Individual liberty	What goals would I like to set myself?
Y1/2 Cycle 1	Who is special to us? BV: Mutual respect	What is the same and different about us? BV: Mutual respect/ Respect for different faiths and beliefs	What can we do to stay healthy and well?	What can we do with money? BV: individual liberty	Who helps to keep us safe? BV: The rule of Law	What jobs do people do? BV: Individual liberty
Y1/2 Cycle 2	What makes a good friend? BV: Mutual respect	What is bullying? BV: Mutual respect	How do we recognise our feelings?	What helps us to stay safe? BV: The rule of Law	What helps us grow and stay healthy?	How can we look after each other and the world? BV: Rule of law/ Individual Liberty
Y3/4 cycle 1	How do we treat each other with respect? BV: Mutual respect	What keeps us safe? First Aid visitor BV: The rule of Law	What are families like? BV: Mutual respect	What is Diversity? BV: Mutual Respect/ Respect for others of different faiths and beliefs.	Why should we eat well and look after our teeth?	Why should we keep active and sleep well?
Y3/4 cycle 2	What strengths, skills and interests do we have?	How can we be a good friend? BV: Mutual respect	How can we manage our feelings?	What makes a community? BV: Mutual Respect/ Respect for others of different faiths and beliefs	How can our choices make a difference to others and the environment? BV: Individual Liberty	How can we manage risk in different places? BV: The rule of Law
Y5/6 Cycle 1	What makes up a person's identity? BV: Mutual respect/ Respect for others of different faiths and beliefs	What decisions can people make with money? BV: Individual liberty How can we help in an accident or emergency? First Aid visitor	How can we help in an accident or emergency? What are human rights?	How can friends communicate safely? BV: Rule of law/Mutual respect	How can we keep healthy as we grow? Y5: Puberty inc. menstruation, erections and wet dreams. Maintaining personal hygiene and how/where to get help and advice about puberty. Y6 only: Reproductive Organs and process-how babies are conceived*	
Y5/6 Cycle 2	How can the media influence people?		What jobs would we like? BV: individual liberty	How can drugs common to everyday life affect health? BV: Rule of Law	What will change as we become more independent? How do friendships change as we grow? BV: rule of law Y5: Puberty inc. menstruation, erections and wet dreams . Maintaining personal hygiene and how/where to get help and advice about puberty. Y6 only: Reproductive Organs and process-how babies are conceived*	



PSHE
Association

Personal, Social, Health Education (PSHE) Long Term Plan 2025-2026 – Cycle 1

