PSHE
Long Term Plan 2026/2027

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery **PSHE to be taught throughout EYFS topics and the provision.**	Building relationships with new people	Showing sensitivity to needs to myself and others.	Following and understanding rules	Developing responsibility	Playing with different children and resolving some conflicts	Talking about feelings
Reception **PSHE to be taught throughout EYFS topics and the provision.**	Self-Regulation	Managing self and building relationships	Understanding emotions	Staying healthy	Understanding right and wrong	Listening attentively and responding appropriately
Year 1	Physical health and wellbeing *Fun time*	Keeping safe and managing risk *Feeling safe*	Identity, society and equality *Me and others*	Drug, alcohol and tobacco education *What do we put into our bodies?*	Mental health and emotional well-being *Feelings*	Careers, financial capability and economic wellbeing *My money*
Year 2	Physical health and wellbeing *What keeps me healthy?*	Mental health and emotional well-being *Friendship*	Relationships and health education *Similarities and differences*	Keeping safe and managing risk *Bullying- see it, say it, stop it*	Keeping safe and managing risk *Indoors and outdoors*	Drug, alcohol and tobacco education *Medicines and me*

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Year 3	Drug, alcohol and tobacco education *Tobacco is a drug*	Keeping safe and managing risk *Bullying- see it, say it, stop it*	Mental health and emotional well-being *Strengths and challenges*	Identity, society and equality *Celebrating differences*	Careers, financial capability and economic wellbeing *Saving, spending and budgeting*	Physical health and wellbeing *What helps me choose?*
Year 4	Identity, society and equality *Democracy*	Drug, alcohol and tobacco education *Making choices*	Physical health and wellbeing *What is important to me?*	Keeping safe and managing risk *Playing safe*	Relationships and health education *Growing up and changing*	Being a good person, citizen and friend *Pol-ed*
Year 5	Physical health and wellbeing *In the media*	Identity, society and equality *Stereotypes* Drug, alcohol and tobacco education *Different influences*	Keeping safe and managing risk *Making safer choices*	Mental health and emotional well-being *Dealing with feelings*	Relationships and health education *Growing up and changing*	Careers, financial capability and economic wellbeing *Borrowing and earning money*
Year 6	Mental Health and Emotional Well-being- *Healthy Minds*	Drug, alcohol and tobacco education *Weighing up risk*	Identity, society and equality *Human rights*	Keeping safe and managing risk *Keeping safe- out and about*	Relationships and health education *Healthy relationships*	Looking after me *Why am I important?*