



Long Term plan - PSHE

Cycle B (2025 - 2026)

	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Year 1 / 2	Families & Relationships (Unit 2)	Health & Wellbeing (Unit 2)	Safety & Changing the Body (Unit 2)	Citizenship (Unit 2)	Economic Wellbeing (Unit 2)	Transition (Unit 2)
Year 3 / 4	Families & Relationships (Unit 4)	Health & Wellbeing (Unit 4)	Safety & Changing the Body (Unit 4)	Citizenship (Unit 4)	Economic Wellbeing (Unit 4)	Transition (Unit 4)
Year 5	Families & Relationships	Health & Wellbeing	Safety & Changing the Body	Citizenship	Economic Wellbeing	Transition
Year 6	Families & Relationships	Health & Wellbeing	Safety & Changing the Body	Citizenship	Economic Wellbeing	Identity and Transition

**Long Term plan – PSHE – Year 1/2**  
**Cycle B (2025 - 2026)**

	<b>Unit 1</b>	<b>Unit 2</b>	<b>Unit 3</b>	<b>Unit 4</b>	<b>Unit 5</b>	<b>Unit 6</b>
<b>Year 1 / 2</b>	<b>Families &amp; Relationships</b> (Year 2)	<b>Health &amp; Wellbeing</b> (Year 2)	<b>Safety &amp; Changing the Body</b> (Year 2)	<b>Citizenship</b> (Year 2)	<b>Economic Wellbeing</b> (Year 2)	<b>Transition</b> (Year 2)
	<ul style="list-style-type: none"> <li>• I can begin to understand the role of the family in their lives.</li> <li>• I can begin to understand the range of families they may encounter now and in the future.</li> <li>• I can recognise how others show feelings in different ways and how to respond.</li> <li>• I can begin to understand that some friendships might make us feel unhappy and how to deal with this.</li> <li>• I can begin to understand the conventions of courtesy and manners.</li> <li>• I can begin to understand the process and emotions relating to grief.</li> <li>• I can develop an understanding of stereotypes and how these might affect job/career choices.</li> </ul>	<ul style="list-style-type: none"> <li>• I can describe a range of feelings and develop simple strategies for managing them.</li> <li>• I can understand the benefits of physical activity.</li> <li>• I can use breathing exercises to relax.</li> <li>• I can understand strengths and set achievable goals.</li> <li>• I can identify strategies to help overcome barriers or manage difficult emotions</li> <li>• I can understand ways of looking after our teeth.</li> </ul>	<ul style="list-style-type: none"> <li>• I can understand what the internet is and how it can help us.</li> <li>• I can understand how to stay safe when using the internet.</li> <li>• I can begin to understand the difference between secrets and surprises.</li> <li>• I can begin to understand the concept of privacy and the correct vocabulary for body parts.</li> <li>• I can understand safe and unsafe touches.</li> <li>• I can know my body is important and belongs to me.</li> <li>• I can understand ways to keep safe on and near roads.</li> <li>• I can understand ways to keep safe on and near roads.</li> <li>• begin to understand how to stay safe with medicines.</li> </ul>	<ul style="list-style-type: none"> <li>• I can recognise the importance of rules.</li> <li>• I can identify ways to look after the school environment.</li> <li>• I can recognise the roles people play in looking after the environment.</li> <li>• I can begin to understand the roles people have in the community.</li> <li>• I can recognise similarities and differences between people in the local community.</li> <li>• I can begin to recognise how democracy works in school.</li> <li>• I can share and justify opinions by presenting ideas about how the school could be improved.</li> </ul>	<ul style="list-style-type: none"> <li>• I can explore the ways people receive money.</li> <li>• I can identify basic needs essential for healthy growth.</li> <li>• I can consider how people decide what they want.</li> <li>• I can explore how bank accounts and cards help with managing money.</li> <li>• I can identify my skills and talents and consider how these could link to jobs.</li> <li>• I can describe how to make others feel welcome and included.</li> </ul>	<ul style="list-style-type: none"> <li>• I can recognise that change can cause mixed feelings.</li> </ul>

**Long Term plan – PSHE – Year 3/4**  
**Cycle B (2025 - 2026)**

	<b>Unit 1</b>	<b>Unit 2</b>	<b>Unit 3</b>	<b>Unit 4</b>	<b>Unit 5</b>	<b>Unit 6</b>
<b>Year 3 / 4</b>	<b>Families &amp; Relationships</b> (Year 4)	<b>Health &amp; Wellbeing</b> (Year 4)	<b>Safety &amp; Changing the Body</b> (Year 4)	<b>Citizenship</b> (Year 4)	<b>Economic Wellbeing</b> (Year 4)	<b>Transition</b> (Year 4)
	<ul style="list-style-type: none"> <li>• I can develop an understanding of courtesy and manners in a range of situations.</li> <li>• I can begin to understand the physical and emotional boundaries in friendships.</li> <li>• I can understand that my behaviour can have an impact on others.</li> <li>• I can understand the impact of bullying and the responsibility of bystanders to help.</li> <li>• I can explore stereotypes in fictional characters and think about how these might influence us.</li> <li>• I can recognise that stereotypes can relate to a number of factors.</li> <li>• I can begin to understand that families are very varied, in this country and across the world.</li> <li>• I can explore how we can help following a bereavement.</li> </ul>	<ul style="list-style-type: none"> <li>• I can understand how we can look after our teeth.</li> <li>• I can understand what relaxation feels like and to know that relaxation techniques can be used anywhere.</li> <li>• I can develop a growth mindset and understand that mistakes are useful.</li> <li>• I can identify individual strengths and begin to see how they can affect others.</li> <li>• I can identify what is important to me and to take responsibility for my own happiness.</li> <li>• I can understand a range of emotions.</li> <li>• I can begin to understand what mental health is and who can help if I need it.</li> </ul>	<ul style="list-style-type: none"> <li>• I can understand that age restrictions are designed to protect us.</li> <li>• I can understand the benefits and risks of sharing material online.</li> <li>• I can understand how to help someone with asthma.</li> <li>• I can develop understanding of privacy and the difference between secrets and surprises.</li> <li>• I can understand that not all information on search engines is valuable.</li> <li>• I can recognise that change is part of growing up.</li> <li>• recognise the physical differences between children and adults.</li> <li>• I can begin to understand the risks of smoking and the benefits of being a non-smoker.</li> </ul>	<ul style="list-style-type: none"> <li>• I can begin to understand the Human Rights Convention.</li> <li>• I can understand how reusing items benefits the environment.</li> <li>• I can understand the role of groups in the wider community.</li> <li>• I can understand the contribution groups make to a community.</li> <li>• I can understand the value of diversity in a community.</li> <li>• I can develop an understanding of the role of local government.</li> </ul>	<ul style="list-style-type: none"> <li>• I can recognise factors influencing value for money.</li> <li>• I can understand the importance of monitoring money.</li> <li>• I can describe different ways of keeping money safe.</li> <li>• I can understand how different factors can influence career choices.</li> <li>• I can explain why people can have more than one career in their life.</li> <li>• I can identify and challenge stereotyping in the workplace.</li> </ul>	<ul style="list-style-type: none"> <li>• I can create goals to achieve before entering Year 5.</li> </ul>

**Long Term plan – PSHE – Year 5**  
**Cycle B (2025 - 2026)**

	<b>Unit 1</b>	<b>Unit 2</b>	<b>Unit 3</b>	<b>Unit 4</b>	<b>Unit 5</b>	<b>Unit 6</b>
<b>Year 5</b>	<b>Families &amp; Relationships</b>	<b>Health &amp; Wellbeing</b>	<b>Safety &amp; Changing the Body</b>	<b>Citizenship</b>	<b>Economic Wellbeing</b>	<b>Transition</b>
	<ul style="list-style-type: none"> <li>• I can understand how to form and maintain positive relationships.</li> <li>• I can explore the ups and downs of friendships.</li> <li>• I can understand the concept of marriage.</li> <li>• I can begin to understand self-respect.</li> <li>• I can begin to understand that family relationships can sometimes make children feel unhappy and what they can do if this happens.</li> <li>• I can understand more about bullying and how to get help.</li> <li>• I can recognise how attitudes to gender have changed over time.</li> <li>• I can explore the impact of stereotypes and how they can lead to discrimination.</li> </ul>	<ul style="list-style-type: none"> <li>• I can use yoga poses and breathing to relax.</li> <li>• I can understand the benefits of sleep.</li> <li>• I can understand the purpose of failure.</li> <li>• I can learn how to set short-term, medium-term and long-term goals.</li> <li>• I can use vocabulary to describe their feelings and take responsibility for them.</li> <li>• I can understand and be able to plan healthy meals.</li> <li>• I can understand risks associated with the sun and how these can be avoided.</li> </ul>	<ul style="list-style-type: none"> <li>• I can begin to understand some issues related to online friendships including the impact of actions.</li> <li>• I can learn about staying safe online.</li> <li>• I can understand physical changes during puberty.</li> <li>• I can understand the menstrual cycle.</li> <li>• I can understand emotional changes during puberty.</li> <li>• I can understand how to help someone who is bleeding.</li> <li>• I can begin to understand the influence others have on us and how we can make our own decisions.</li> </ul>	<ul style="list-style-type: none"> <li>• I can begin to understand what happens when the law is broken.</li> <li>• I can explore the links between rights and responsibilities.</li> <li>• I can understand how reducing our use of materials and energy will help the environment.</li> <li>• I can explore how we recognise and value the contributions people make to the community.</li> <li>• I can recognise the role of pressure groups.</li> <li>• I can begin to understand how Parliament works.</li> </ul>	<ul style="list-style-type: none"> <li>• I can prioritise needs over wants.</li> <li>• I can create a weekly budget.</li> <li>• I can identify the significance of borrowing and loaning money.</li> <li>• I can examine the risks associated with handling money online.</li> <li>• I can identify and challenge stereotyping in the workplace.</li> <li>• I can explore how personal interests and skills align with different careers.</li> </ul>	<ul style="list-style-type: none"> <li>• I can understand the skills needed to take on responsibilities in school.</li> </ul>

**Long Term plan – PSHE – Year 6**  
**Cycle B (2025 - 2026)**

	<b>Unit 1</b>	<b>Unit 2</b>	<b>Unit 3</b>	<b>Unit 4</b>	<b>Unit 5</b>	<b>Unit 6</b>
<b>Year 6</b>	<b>Families &amp; Relationships</b>	<b>Health &amp; Wellbeing</b>	<b>Safety &amp; Changing the Body</b>	<b>Citizenship</b>	<b>Economic Wellbeing</b>	<b>Identity and Transition</b>
	<ul style="list-style-type: none"> <li>• I can understand what we mean by respect and why it is important.</li> <li>• I can understand that respect is two-way and how we treat others is how we can expect to be treated.</li> <li>• I can explore other people’s attitudes and ideas and to begin to challenge these.</li> <li>• I can understand stereotypes and be able to share information on them.</li> <li>• I can resolve disputes and conflict through negotiation and compromise.</li> <li>• I can begin to understand the process and emotions relating to grief.</li> </ul>	<ul style="list-style-type: none"> <li>• I can identify long term goals and how to work towards them.</li> <li>• I can use mindfulness to manage emotions.</li> <li>• I can understand and plan for a healthy lifestyle.</li> <li>• I can understand the potential impact of technology on physical and mental health.</li> <li>• I can reflect on skills they have developed to identify and respond to difficult situations.</li> <li>• I can understand ways that we help prevent ourselves and others becoming ill.</li> <li>• I can understand what happens when we are ill and begin to understand when to seek support.</li> <li>• I can understand how habits can be good or bad for our health.</li> </ul>	<ul style="list-style-type: none"> <li>• I can begin to understand the risks of alcohol.</li> <li>• I can start to become a discerning consumer of information online.</li> <li>• I can understand that online relationships should be treated in the same way as face to face relationships.</li> <li>• I can understand the changes that happen during puberty.</li> <li>• I can understand the biology of conception.</li> <li>• I can understand the development of a baby during pregnancy.</li> <li>• I can understand how to help someone who is choking.</li> <li>• I can understand how to help someone who is unresponsive.</li> </ul>	<ul style="list-style-type: none"> <li>• I can explore human rights, including the right to education.</li> <li>• I can identify some environmental issues relating to food and food production.</li> <li>• I can understand how to show care and concern for others.</li> <li>• I can recognise examples of prejudice and discrimination and learn how these can be challenged.</li> <li>• I can understand diversity and the value different people bring to a community.</li> <li>• I can begin to understand how the Government works.</li> </ul>	<ul style="list-style-type: none"> <li>• I can identify feelings around money and discuss their impact.</li> <li>• I can recognise how to safeguard money in digital and physical environments.</li> <li>• I can identify how money-related matters develop at secondary school.</li> <li>• I can recognise the risks of gambling.</li> <li>• I can explore how different careers operate in a workplace.</li> <li>• I can explore different career routes and their requirements.</li> </ul>	<ul style="list-style-type: none"> <li>• I can understand what factors contribute to identity.</li> <li>• I can understand that the media can manipulate images.</li> <li>• understand that a big change can bring both opportunities and worries.</li> </ul>