

PSHE Long-term plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	Growth mindset	My emotional wellbeing	Keeping safe online	Money and jobs	Drugs & alcohol	Friendships and transition to secondary school
Year 5	Growth mindset	My emotional wellbeing	Caring for the environment	Growing and changing Keeping safe (inc PANTS)	Migrants, refugees, inclusion, belonging, addressing extremism	Understanding medical needs and giving basic first aid
Year 4	Growth mindset	My emotional wellbeing	Keeping safe online	Staying healthy: (Healthy eating; dental health; sleep; drugs & alcohol)	Growing and changing	Families
Year 3	Growth mindset	My emotional wellbeing	Keeping safe	Money and jobs	Keeping safe	Friendships
Year 2	Growth mindset	My emotional wellbeing	1. Inclusion, belonging, addressing extremism 2. Keeping safe (road & rail)	Keeping safe (online & sun safety)	Families	Families
Year 1	Growth mindset	My emotional wellbeing	Keeping safe (inc PANTS)	1. Drugs & alcohol 2. Caring for the environment	Growing and changing	Friendships
EYFS*	Our Feelings and recognising emotions	I am special.	Our Community Who is special to me?	What makes a good friend?	Why is honesty important?	Showing perseverance and resilience

*Heartsmart – same topics but different content in Nursery & Reception