

PSHE LTP 2025-2026

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R PSED	Building relationships with peers and adults Routines and expectations All about me Keeping healthy Growth mindset Share own experiences and listen to others	School values Learn about challenge, resilience, teamwork and respect Share own experiences and listen to others	Feelings The Colour Monster Special food to families Share own experiences and listen to others	People who help us Share own experiences and listen to others	Similarities and differences Keeping safe Thinking about road safety, internet safety, sun safety, stranger danger and personal safety Special clothes Share own experiences and listen to others	Reflections on the year Transition to Year 1 Share own experiences and listen to others
1	Relationships Families and Friendships: Roles of different people; families; feeling cared for Safe relationships: recognising privacy; staying safe; seeking permission. Respecting ourselves and others: how behaviour affects others; being polite and respectful.		Living in the Wider World Belonging to a community: What rules are; caring for others' needs; looking after the environment Media literacy and digital resilience: Using the internet and digital devices; communicating online Money and work: Strengths and interests; jobs in the community		Health and Wellbeing Physical health and mental wellbeing: Keeping healthy; food and exercise, hygiene routines; sun safety Growing and changing: Recognising what makes them unique and special; feelings; managing when things go wrong Keeping safe: How rules and age restrictions help us; keeping safe online	
2	Relationships Families and friendships: Making friends; feeling lonely and getting help. Safe relationships: Managing secrets; resisting pressure and getting help; recognising hurtful behaviour Respecting ourselves and others: Recognising things in common and differences; playing and working cooperatively; sharing opinions		Living in the Wider World Belonging to a community: Belonging to a group; roles and responsibilities; being the same and different in the community Media literacy and digital resilience: The internet in everyday life; online content and information Money and work: What money is; needs and wants; looking after money		Health and Wellbeing Physical health and mental wellbeing: Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help Growing and changing: Growing older; naming body parts; moving class or year Keeping safe: Safety in different environments; risk and safety at home; emergencies	

3	<p align="center">Relationships:</p> <p>Families and friendships: What makes a family; features of family life</p> <p>Safe relationships: Personal boundaries; safely responding to others; the impact of hurtful behaviour</p> <p>Respecting ourselves and others: Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</p>	<p align="center">Living in the Wider World</p> <p>Belonging to a community: The value of rules and laws; rights, freedoms and responsibilities</p> <p>Media literacy and digital resilience: How the internet is used; assessing information online</p> <p>Money and work: Different jobs and skills; job stereotypes; setting personal goals</p>	<p align="center">Health and wellbeing</p> <p>Physical health & mental wellbeing: Health choices and habits; what affects feelings; expressing feelings.</p> <p>Growing and changing: Personal strengths and achievements; managing and reframing setbacks</p> <p>Keeping safe: Risks and hazards; safety in the local environment and unfamiliar places</p>
4	<p align="center">Relationships</p> <p>Families and friendships: Positive friendships, including online</p> <p>Safe relationships: Responding to hurtful behaviour; managing confidentiality; recognising risks online.</p> <p>Respecting ourselves & others: Respecting differences and similarities; discussing difference sensitively.</p>	<p align="center">Living in the Wider World</p> <p>Belonging to a community: What makes a community; shared responsibilities.</p> <p>Media literacy and digital resilience: How data is shared and used.</p> <p>Money and work: Making decisions about money; using and keeping money safe.</p>	<p align="center">Health and wellbeing</p> <p>Physical health and mental wellbeing: Maintaining a balanced lifestyle; oral hygiene and dental care</p> <p>Growing and changing: Personal identity; recognising individuality and different qualities; mental wellbeing</p> <p>Keeping safe: Medicines and household products; drugs common to everyday life.</p>
5	<p align="center">Relationships</p> <p>Families and friendships: Managing friendships and peer influence</p> <p>Safe relationships: Physical contact and feeling safe</p> <p>Respecting ourselves and others: Responding respectfully to a wide range of people; recognising prejudice and discrimination</p>	<p align="center">Living in the wider world</p> <p>Belonging to a community: Protecting the environment; compassion towards others</p> <p>Media literacy and Digital resilience: How information online is targeted; different media types, their role and impact</p> <p>Money and Work: Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p>	<p align="center">Health and Wellbeing</p> <p>Physical health and mental wellbeing: Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p> <p>Growing and changing: Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</p> <p>Keeping safe: Keeping safe in different situations, including responding in emergencies, first aid and FGM</p>
6	<p align="center">Relationships</p> <p>Families and friendships: Attraction to others; romantic relationships; civil partnership and marriage.</p> <p>Safe relationships: Recognising and managing pressure; consent in different situations.</p> <p>Respecting ourselves and others: Expressing opinions and respecting other points of view, including discussing topical issues.</p>	<p align="center">Living in the wider world</p> <p>Belonging to a community: Valuing diversity; challenging discrimination and stereotypes.</p> <p>Media literacy and digital resilience: Evaluating media sources; sharing things online.</p> <p>Money and work: Influences and attitudes to money; money and financial risks.</p>	<p align="center">Health and Wellbeing</p> <p>Physical health and mental wellbeing: What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online.</p> <p>Keeping safe: Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media.</p> <p>Growing and changing: Human reproduction and birth; increasing independence; managing transitions.</p>