



Ryton-on-Dunsmore, Provost Williams CE Academy

PSHE Long Term Plan 2025 – 2026

	EYFS	Year 1/2	Year 3/4	Year 5/6
<p>Autumn 1:</p> <p>Being Me in My World</p>	<p>Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities</p>	<p>Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings</p>	<p>Being part of a class team Being a school citizen Rights, responsibilities and democracy Rewards and consequences Group decision-making Having a voice What motivates behaviour</p>	<p>Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling</p>
<p>Autumn 2:</p> <p>Celebrating Difference</p> <p>Protective Behaviours</p>	<p>Identifying talents Being special Families Where we live Making friends Standing up for yourself</p> <p>The right to feel safe all the time Protection and support</p>	<p>Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends</p> <p>The right to feel safe all the time Protection and support</p>	<p>Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special & unique everyone is First Impressions</p> <p>The right to feel safe all the time Protection and support</p>	<p>Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, Difference as celebration Empathy</p> <p>The right to feel safe all the time Protection and support</p>
<p>Spring 1:</p> <p>Dreams And Goals</p>	<p>Challenges Perseverance Goal setting Overcoming obstacles Seeking help Jobs Achieving goals</p>	<p>Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success</p>	<p>Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes</p>	<p>Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments</p>
<p>Spring 2:</p> <p>Healthy Me</p>	<p>Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety</p>	<p>Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food</p>	<p>Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength</p>	<p>Taking personal responsibility How substances affect the body Exploitation, including 'county lines and gang culture Emotional and mental health Managing stress</p>
<p>Summer 1:</p> <p>Relationships</p> <p>Protective Behaviours Revisit</p>	<p>Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend</p> <p>The right to feel safe all the time Protection and support</p>	<p>Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships</p> <p>The right to feel safe all the time Protection and support</p>	<p>Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and Animals</p> <p>The right to feel safe all the time Protection and support</p>	<p>Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use</p> <p>The right to feel safe all the time Protection and support</p>
<p>Summer 2:</p> <p>Changing Me</p>	<p>Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations</p>	<p>Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition</p>	<p>Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change</p>	<p>Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition</p>