

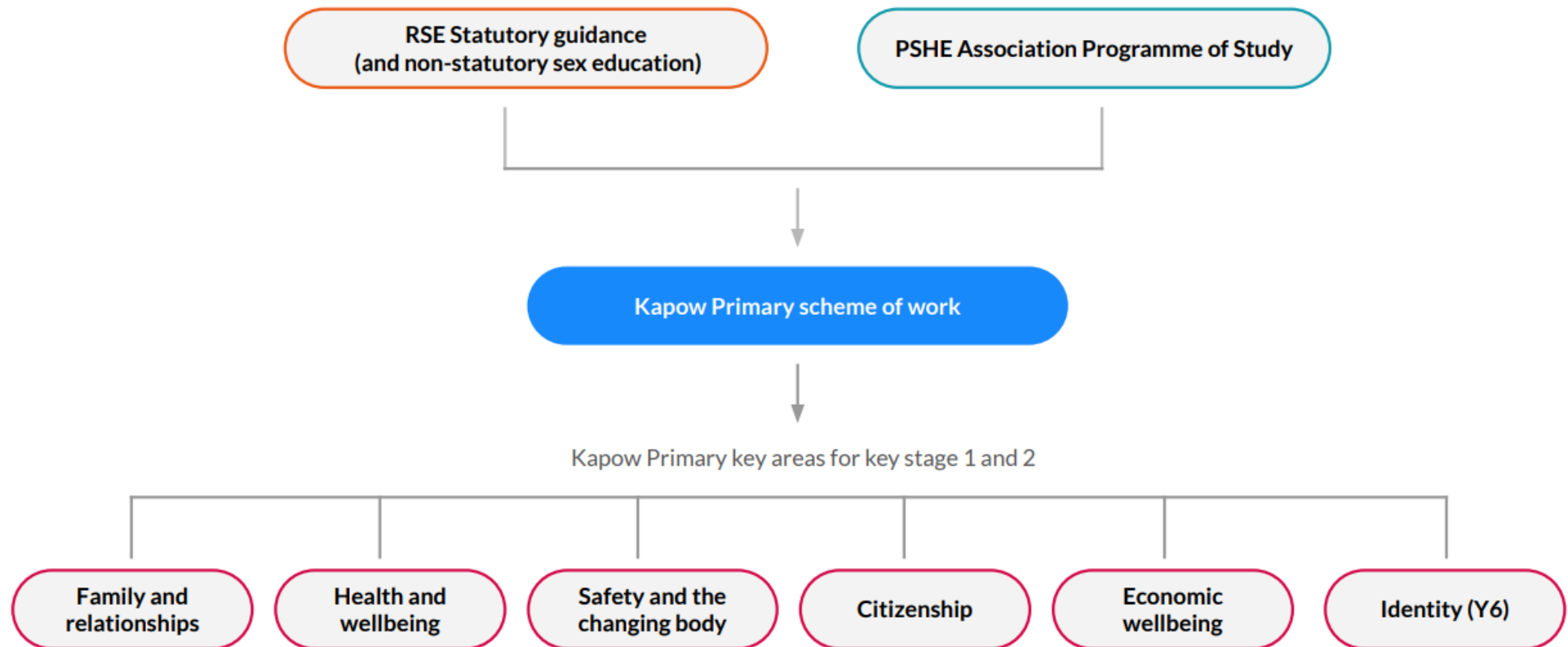


## **PSHE Long-term plan 2025-2026**

*Growing together, guided by love...*

Long term plan PSHE	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<b>Class 1</b> <i>Mixed 1/2 Cycle B</i>	Families and Relationships	Health and Wellbeing	Economic Wellbeing	Citizenship	Safety and the Changing Body	Transition
<b>Class 2</b> <i>Y3 Cycle B</i>	Families and Relationships	Health and Wellbeing	Economic Wellbeing	Citizenship	Safety and the Changing Body	Transition
<b>Class 3</b> <i>Mixed 5/6 Cycle B</i>	Families and Relationships	Health and Wellbeing	Economic Wellbeing	Citizenship	Safety and the Changing Body	Transition

## How is the RSE & PSHE scheme of work organised?



## Key areas

We have categorised our lessons into the five key areas below, which we return to in each year group, making pupil's prior and future learning clear and shows how what you are teaching fits into their wider learning journey. Year 6 also have a further key area: Identity.

### Family and relationships

Learning how to: form respectful relationships with others, deal with conflict and bullying and the importance of challenging stereotypes.

### Health and wellbeing

Learning strategies for looking after their mental and physical health, including: healthy eating, relaxation techniques, sun safety, immunisation facts and the benefits of sleep.

### Safety and the changing body

Learning: how to administer first aid in a variety of situations and about safety around medicines, online and road safety and the changes which occur during puberty,

### Citizenship

Learning about: human rights and the rights of the child, democracy, diversity and community and protecting the environment.

### Economic wellbeing

Learning how to make decisions when it comes to spending, budgeting and saving money and exploring different career choices.

Year 6 only:

### Identity

Considering what makes us who we are whilst learning about body image.



