

  
**WOODVALE**  
**PRIMARY ACADEMY**  
 PSHE Long Term Plan

	Autumn: Relationships			Spring: Living in the wider world			Summer: Health & Wellbeing		
	Families & friendships	Safe relationships	Respecting ourselves & others	Belonging to a community	Media literacy & digital resilience	Money & work	Physical health & mental wellbeing	Growing & changing	Keeping safe
Year 1	Roles of different people; families; feeling cared for  R1, R2, R3, R4, R5	Recognising privacy; staying safe; seeking permission  R10, R13, R15, R16, R17	How behaviour affects others; being polite and respectful  R21, R22	What rules are; caring for other's needs; looking after the environment  L1, L2, L3	Using the internet and digital devices; communicating online  L7, L8	Strengths and interests; jobs in the community  L14, L16, L17	Keeping healthy; food and exercise, hygiene routines; sun safety  H1, H2, H3, H5, H8, H9, H10	Recognising what makes them unique and special; feelings; managing when things go wrong  H11, H12, H13, H14, H15, H21, H22, H23, H24	How rules and age restrictions help us; keeping safe online  H28, H34
Year 2	Making friends, feeling lonely and getting help  R6, R7, R8, R9, R24	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour  R11, R12, R14, R18, R19, R20	Recognising things in common and differences; playing and working cooperatively; sharing opinions  R23, R24, R25	Belonging to a group; roles and responsibilities; being the same and different in the community  L2, L4, L5, L6	The internet in everyday life; online content and information  L8, L9	What money is; needs and wants; looking after money  L10, L11, L12, L13, L15	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help  H4, H6, H7, H16, H17, H18, H19, H20	Growing older; naming body parts; moving class or year  H20, H25, H26, H27	Safety in different environments; risk and safety at home; emergencies  H29, H30, H31, H32, H33, H35, H36, H27
Year 3	What makes a family; features of family life  R1, R6, R7, R8, R9	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities  L1, L2, L3	How the internet is used; assessing information online  L11, L12	Different jobs and skills; job stereotypes; setting personal goals  L25, L26, L27, L30	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places  H38, H39, H41

		R19, R22, R24, R30	R30, R31				H1, H2, H3, H4, H6, H7, H17, H18, H19	H27, H28, H29	
Year 4	Positive friendships, including online R10, R11, R12, R13, R18	Responding to hurtful behaviour; managing confidentiality; recognising risks online R20, R23, R27, R28	Respecting differences and similarities; discussing difference sensitively R32, R33	What makes a community; shared responsibilities L4, L6, L7	How data is shared and used L13, L14	Making decisions about money; using and keeping money safe L17, L19, L20, L21	Maintaining a balanced lifestyle; oral hygiene and dental care H2, H5, H11	Physical and emotional changes in puberty; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life H10, H38, H40, H46
Year 5	Managing friendships and peer influence R14, R15, R16, R17, R18, R26	Physical contact and feeling safe R9, R25, R26, R27, R29	Responding respectfully to a wide range of people; recognising prejudice and discrimination R20, R21, R31, R33	Protecting the environment; compassion towards others L4, L5, L19	How information online is targeted; different media types, their role and impact L12, L14	Identifying job interests and aspirations; what influences career choices; workplace stereotypes L27, L28, L29, L31, L32	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies H8, H9, H10, H12	Personal identity; recognising individuality and different qualities; mental wellbeing H16, H25, H26, H27	Keeping safe in different situations, including responding in emergencies, first aid and FGM H38, H43, H44, H45
Year 6	Attraction to others; romantic relationships; civil partnerships and marriage R1, R2, R3, R4, R5, R7	Recognising and managing pressure; consent in different situations R26, R28, R29	Expressing opinions and respecting other points of view, including discussing topical issues R30, R34	Valuing diversity; challenging discrimination and stereotypes L8, L9, L10, L21	Evaluating media sources; sharing things online H37, L11, L13, L15, L16	Influences and attitudes to money; money and financial risks L18, L22, L23, L24	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition H24, H33, H35, H36	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media H37, H42, H46, H47, H48, H49, H50

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\*PSHE Association Programme of Study references

\*PSHE Association Programme of Study references linked to RSE framework