



PSHE – LTP

PSHE LTP – Cycle A 2024/2025

	Whole School Events	Visits and Visitors	Reception	Year 1/2	Year 3/4	Year 5/6
Autumn 1	<ul style="list-style-type: none"> World Mental Health Day 10.10.24 Black History month 1st October 	<ul style="list-style-type: none"> Sustainable Travel visit for bike to school week. 	<p>The Reception PSHE curriculum objectives will be taught throughout the year as part of the continuous provision.</p>	<p>Me and my Relationships:</p> <ul style="list-style-type: none"> Feelings Getting help Classroom rules Special people Being a good friend 	<p>Me and my Relationships:</p> <ul style="list-style-type: none"> Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss 	<p>Me and my Relationships:</p> <ul style="list-style-type: none"> Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs
Autumn 2	<ul style="list-style-type: none"> Anti-bullying week wc11.11.24 Keeping Safe from Growing Changing (PANTS) 	<ul style="list-style-type: none"> Fire brigade - Fire Safety discussion for Bonfire night. 		<p>Keeping Safe</p> <ul style="list-style-type: none"> How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep <u>My body parts (from growing and changing) PANTS work</u> 	<p>Keeping Safe</p> <ul style="list-style-type: none"> Managing risk Decision-making skills Drugs and their risks Staying safe online 	<p>Keeping Safe</p> <ul style="list-style-type: none"> Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills
Spring 1	<ul style="list-style-type: none"> Online safety day 09.02.24 'Together for a better internet'. 			<p>Valuing Difference</p> <ul style="list-style-type: none"> Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help 	<p>Valuing Difference</p> <ul style="list-style-type: none"> Recognising and respecting diversity Being respectful and tolerant My community 	<p>Valuing Difference</p> <ul style="list-style-type: none"> Recognising and celebrating difference, including religions and cultural Influence and pressure of social media
Spring 2	<ul style="list-style-type: none"> Child mental health week. 			<p>Me and my Relationships:</p> <ul style="list-style-type: none"> Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation 	<p>Me and my Relationships:</p> <ul style="list-style-type: none"> Healthy relationships Listening to feelings Bullying Assertive skills 	<p>Me and my Relationships:</p> <ul style="list-style-type: none"> <u>Body changes during puberty from Y4 Growing and Changing</u> <u>Managing change from Y5 Growing and changing</u> Cooperation Safe/unsafe touches Positive relationships
Summer 1	<ul style="list-style-type: none"> PRIDE month – June. Just like us have 	<ul style="list-style-type: none"> Fire brigade - Fire safety for water safety. Farming safety 		<p>Keeping Safe</p> <ul style="list-style-type: none"> Safe and unsafe secrets Appropriate touch 	<p>Keeping Safe</p> <ul style="list-style-type: none"> Skills we need to develop as we grow up 	<p>Keeping Safe</p> <ul style="list-style-type: none"> Understanding emotional needs



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	<p>resources for Diversity.</p> <ul style="list-style-type: none"> ▪ Collective Worship around Farm Safety 			<ul style="list-style-type: none"> ▪ Medicine safety 	<ul style="list-style-type: none"> ▪ Helping and being helped ▪ Looking after the environment ▪ Managing money 	<ul style="list-style-type: none"> ▪ Staying safe online ▪ Drugs: norms and risks (including the law)
<p>Summer 2</p>	<ul style="list-style-type: none"> ▪ Oral Health week July 			<p>Valuing Difference</p> <ul style="list-style-type: none"> ▪ Being kind and helping others ▪ Celebrating difference ▪ People who help us ▪ Listening Skills 	<p>Valuing Difference</p> <ul style="list-style-type: none"> ▪ Recognising and celebrating difference (including religions and cultural difference) ▪ Understanding and challenging stereotypes 	<p>Valuing Difference</p> <ul style="list-style-type: none"> ▪ Recognising and celebrating difference Recognising and reflecting on prejudice-based bullying ▪ Understanding Bystander behaviour ▪ Gender stereotyping



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	Whole School Events	Visits and Visitors	Reception	Year 1/2	Year 3/4	Year 5/6
Autumn 1	<ul style="list-style-type: none"> Black History month TBC 		<p>The Reception PSHE curriculum objectives will be taught throughout the year as part of the continuous provision.</p>	<p><u>Being my Best</u></p> <ul style="list-style-type: none"> Keeping my body healthy – food, exercise, sleep Growth Mindset 	<p><u>Being my Best</u></p> <ul style="list-style-type: none"> Keeping myself healthy and well Celebrating and developing my skills Developing empathy 	<p><u>Being my Best</u></p> <ul style="list-style-type: none"> Growing independence and taking ownership Keeping myself healthy Media awareness and safety My community
Autumn 2	<ul style="list-style-type: none"> Anti-bullying week wc11.11.24 Keeping Safe from Growing Changing (PANTS) 	<p>Fire brigade - Fire Safety discussion for Bonfire night.</p>		<p><u>Growing and Changing</u></p> <ul style="list-style-type: none"> Getting help Becoming independent My body parts Taking care of self and others 	<p><u>Growing and Changing</u></p> <ul style="list-style-type: none"> Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets 	<p><u>Growing and Changing</u></p> <ul style="list-style-type: none"> Managing difficult feelings Managing change How my feelings help keeping safe Getting help
Spring 1	<ul style="list-style-type: none"> Online safety day TBC 			<p><u>Right and Respect</u></p> <ul style="list-style-type: none"> Taking care of things: <ul style="list-style-type: none"> Myself My money My environment 	<p><u>Right and Respect</u></p> <ul style="list-style-type: none"> Keeping myself healthy and well Celebrating and developing my skills Developing empathy 	<p><u>Right and Respect</u></p> <ul style="list-style-type: none"> Rights, respect and duties relating to my health Making a difference Decisions about lending, borrowing and spending
Spring 2	<ul style="list-style-type: none"> Child mental health week. 	<p>Fire brigade - Fire safety talk</p>		<p><u>Being my Best</u></p> <ul style="list-style-type: none"> Growth Mindset Healthy eating Hygiene and health Cooperation 	<p><u>Being my Best</u></p> <ul style="list-style-type: none"> Having choices and making decisions about my health Taking care of my environment My skills and interests 	<p><u>Being my Best</u></p> <p>Aspirations and goal setting Managing risk Looking after my mental health</p> <ul style="list-style-type: none">
Summer 1	<ul style="list-style-type: none"> PRIDE month – June. Just like us have resources for Diversity. 			<p><u>Growing and Changing</u></p> <ul style="list-style-type: none"> Life cycles Dealing with loss Being supportive Growing and changing Privacy 	<p><u>Growing and Changing</u></p> <ul style="list-style-type: none"> Managing difficult feelings Relationships including marriage 	<p><u>Growing and Changing</u></p> <ul style="list-style-type: none"> Coping with changes Keeping safe Body Image Sex education Self-esteem
Summer 2	<ul style="list-style-type: none"> Oral Health week July 			<p><u>Right and Respect</u></p> <ul style="list-style-type: none"> Cooperation Self-regulation Online safety 	<p><u>Right and Respect</u></p> <ul style="list-style-type: none"> Having choices and making decisions about my health 	<p><u>Right and Respect</u></p> <ul style="list-style-type: none"> Understanding media bias, including social media



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				<ul style="list-style-type: none">▪ Looking after money – saving and spending	<ul style="list-style-type: none">▪ Taking care of my environment▪ My skills and interests	<ul style="list-style-type: none">▪ Caring: communities and the environment▪ Earning and saving money▪ Understanding democracy
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