

PSHE/RSE Long Term Plan 2026- 2027

EYFS

AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Welcome to Orchard!	Dark Nights, Bright Lights!	999 Emergency	If You go down to the Woods	In the Garden	In the Garden
Self-regulation L1 Identifying my feelings L2 Feelings jars L3 Coping strategies L4 Describing feelings L5 Facial expressions L6 Creating a calm corner	Building relationships: Special relationships L1 My family L2 Special people L3 Sharing L4 I am unique L5 My interests L6 Similarities and differences	Managing self: Taking on challenges L1 Why do we have rules? L2 Building towers L3 Team den building L4 Grounding L5 Team races L6 Circus skills	Self-regulation: Listening and following instructions L1 Simon says L2 Listening to a story L3 Pass the whisper L4 Obstacle races L5 Blindfold walk L6 Treasure hunt	Building relationships: My family and friends L1 Festivals L2 Sharing L3 What makes a good friend? L4 Being a good friend? L5 Teamwork L6 Celebrating friendships	Managing Self: My wellbeing L1 What is exercise? L2 Yoga and relaxation L3 Looking after ourselves L4 Being a safe pedestrian L5 Eating healthily L6 A rainbow of room

KEY STAGE 1

YEAR	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Cycle A Year 1/2 lessons	Oh, I do Like to be Beside the Seaside	Once upon a Time	Under the Sea	Adventure is out there		Wild Things
	Connecting with others: How can I help myself and others feel happy and safe? L2 How do families show love and care for each other? L3 What helps me feel safe and cared for? L4 and L5 What is a friend? How can we have a kind and healthy class? L6 How should people behave towards others?	Citizenship: How can I help others and the environment? L1 What do babies and toddlers need? L4 How can I share my ideas respectfully? L5 Who helps look after our local environment? L6 How do rules help everyone?	The online world: How do we spend time online? L1 and L2 When am I online? What can I do online and in person? L3 How should I behave when I use a device? L4 How can I balance screen time with in-person activities? L5 and L6 What should I do if I see something online that worries me? How can I stay safe online?	Connecting with others: How can I build safe, kind and caring relationships with others? L2 How are families different and the same? L4 How can I let others know what is okay or not okay for me? L5 Who can I talk to if something does not feel right?	Citizenship: How do people belong to a community and earn money? L1 Where do we belong? L2 How can different people contribute to my community? L3 and L4 What jobs do people do in our community? What jobs might people do? L5 and L6 What is money? Where does money come from?	Staying safe: How can I stay safe? Year 1 only L1 How can I stay safe at home? L2 What is for our bodies? L3 What rules can keep me safe? L4 How can I stay safe near roads? L5 How might be body feel when something is unsafe?
Cycle B Year 1/2 lessons	Green Fingers	Super Hero Me	Ice, Ice Baby	Jurassic World		Donington Detectives
	My healthy self: How can we look after our emotions? L2 When and why do people show different emotions? L4 What helps us to feel calm or excited? L5 What might make us feel worried, annoyed or upset? L6 What can we do when our feelings get tricky?	Health protection: How can I protect myself and others in daily life? L2 How can I protect myself in any weather? L3 and L4 Who helps us stay healthy? What should I do if I feel unwell? L5 and L6 How serious are different injuries? How can we get help for serious illnesses or injuries?	The online world: How can we stay safe online? L2 and L3 Who can see information shared online? What is private information? L4 How do I know if private information has been shared online? L5 Is everything we see online real? L6 What should I do if something online worries me?	Staying safe: How can I make safe choices in different places? L1 and L2 What makes my body special? How can I keep my body safe? L3 How can I make safe choices at home? L4 and L5 How can I stay safe in different places? What can I do if I cannot find my trusted adult? L6 How can I stay safe around water?	My healthy self: How can we look after our bodies? L4 How can I make healthy food and drink choices? L5 What can I do to keep my teeth clean and healthy? L6 How can I make healthy choices every day?	Growing up: How can we look after and respect our bodies? Year2 only L1 How do we grow and change? L2 How will I change as I grow up? L3 Do I make the rules about my own body? L4 How can I talk about my body? L5 How can we show respect for each other's bodies? L6 Who can I talk to if I do not feel safe?

LOWER KEY STAGE 2

YEAR	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Cycle A Year 3/4 lessons	Earth Rocks!	Road Trip USA	The Flintstones	Raiders & Traders	Where the Rainforest Meets the Sea	
	Connecting with other: What helps us feel safe and included? L2 What are personal boundaries? L3 What makes a family? L5 How can we repair a friendship after falling out? L6 What are the different types of bullying? Everyone's Welcomes – The Way Back Home	Citizenship: What careers do people choose and why? Coming soon!	The online world: How should we communicate online? L1 How do we communicate online? L2 How can we be respectful when we communicate online? L3 How can communication online sometimes be misunderstood? L4 How should I respond to online bullying? L5 Why do we need to be careful when communicating online? L6 How can I keep myself safe online? Tuesday 9th Feb – Safer Internet Day	Connecting with others: How can we respect each other? L2 How can I show respect to others? L3 How can I build trusting friendships? L4 How can we solve friendship challenges? L6 What is a stereotype?	Citizenship: What rights and responsibilities do we have? L1 What are human rights? L3 How can we help the environment by reducing what we use? L4 How can reusing the items help the environment? L5 Why is recycling important? L6 How do local councils help look after their communities?	Staying safe: What signs help me recognise what is safe or unsafe? Year 3 only L1 and L2 <i>How can I tell if a situation is unsafe?</i> <i>What do I do if a situation feels unsafe?</i> L3 How can I stay safe around traffic? L4 Why can water be dangerous? L5 What drugs are safe or unsafe? L6 How can I prevent accidents?
Cycle B Year 3/4 lessons	Marvellous Me	The Fabulous Pharaohs	Lights, Camera, Action!	May the Force Be With You	The Rampaging Romans	Location, Location, Location
	My healthy self: How can I take care of my mind and body? <u>Combine</u> L1 and L2: How do emotions affect my body? How can I tell how someone else might be feeling? L3 and L4: How are my mind and body connected? How does sleep help my mind and body? L5 and L6: What can I do when I experience strong emotions? When should I ask an adult for emotional support?	Health protection: How can we prevent illness and injury and respond if they happen? Coming soon!	The online world: How can we decide what to trust online? L1 How can the internet be helpful and challenging? L2 Is all online content appropriate for me? L3 Why should we be careful what we trust online? L4 How can we check if online information is reliable? L5 How can we use multiple sources to check online information? L6 Why should we question what we see online?	My healthy self: How can I make healthy choices? L1 What is a balanced diet and why does one matter? L2 How can being active help my mind and body? L3 How can I keep my energy up throughout the day? L4 How can I get support for my health and others? L5 How can I respond when things feel hard? L6 Why is helping others good for me too?	Citizenship: How can I spend money responsibly? Coming soon!	Growing up: How will my body and emotions change as I grow up? Year 4 only L1 What are body boundaries? Year 4 L2 How will I grow and change during puberty? L3 Which emotional changes could I experience when growing up? L4 What is a period? L5 How can we show kindness and understanding about body changes? L6 Who can I talk to about growing up and changes?

UPPER KEY STAGE 2

YEAR	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Cycle A Year 5/6 Lessons	To Infinity and Beyond!	Let There Be Light	On Safari	The Groovy Greeks	All of the Fun of the Fair	
	Connecting with others: Why are healthy relationships important? L1 What makes me who I am? L2 How do families show commitment to each other? L3 How can families support and protect each other? L4 What helps us make and maintain healthy friendships? L5 How can we manage challenges in friendships?	The online world: How am I influenced by what I see online? L1 and L2 How do adverts try to influence us online? How are adverts chosen for me online? L3 How else am I influenced online? L4 How do online trends shape our choices offline? L5 and L6 How does what we see online influence our viewpoints? How can some online messages be misleading? Anti-bullying Wk (found in CWO 2) L5 How should we work together to stop bullying? L6 When and how should I seek help?	Citizenship: How can we be in control of our money? Coming soon!	Citizenship: How can we make a difference on our communities and beyond? L1 and L2 How can we show care for others? How do people contribute to the community? L3 How does the UK government work? L4 What is the role of a local councillor? L5 What are pressure groups? L6 How can people influence the decisions made by the government?	The online world: How do I feel about the things I see online? L1 How do online platforms keep users engaged? L2 How can I make safe choices if I am gaming online? L3 Is online content always realistic? L4 What is harmful online behaviour? L5 Does what we post online matter? L6 How does being online make me feel?	Growing up: How can I manage the changes to my body and emotions as I grow? Find in Cycle B L1 How will my body grow during puberty? L2 How can I keep myself clean and hygienic? L3 How can I treat others with kindness during puberty?? L4 How can I manage my emotions and feelings during puberty? L5 What is a period? L6 How can I challenge behaviour which crosses personal boundaries?
Cycle B Year 5/6 Lessons	Keeping Healthy	Dig for Victory	Water Worlds	Amazing Americas	The Vile Victorians	
	My healthy self: How can I support my mind and body as we grow? L1 What do food labels really show us? L4 How can I recognise complex feelings? L5 How can I respond to strong and complex feelings? L6 How can we tell when someone might need support with their mental health?	Connecting with others: What does it mean to stand up to for myself and others? L1 How does self-respect help me? L2 How can I be respectful in different situations? L3 How can I set and respect boundaries? L4 How can we challenge unfairness?	Staying safe: How can I stay safe as I grow up? Find in Cycle A L1 and L2 How can I stay safe on my own at home? How can I stay safe outside on my own at home? L3 How can I travel safely on my own? L4 How can I stay in, on and around water? L5 How can I stay safe when I feel peer pressure?	My healthy self: How do my choices today shape my future health? L1 Why do healthy teeth matter for the future? L2 How can I eat for a healthier future? L3 What habits might support my future self? L4 How can I recognise and regulate complex feeling? L5 How does my mindset affect my personal growth? L6 How can I support self-esteem for myself and others?	Citizenship: How can we protect everyone's rights? Coming soon!	Sex education: How do people become parents and carers? L1 Which words can we use to describe our private body parts? L2 How are babies made? L3 What happens in pregnancy and how are babies born? L4 How are families formed? L5 How does life change after having a baby? L6 What is consent?