



PHSE Curriculum – Long Term Plan

VC	Self-Regulation	Building Relationships	Managing Self	Self-Regulation	Building Relationships	Managing Self
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	My Feelings	Special Relationships	Taking on Challenges	Listening & Following Instructions	My Family and Friends	My Wellbeing
VC	My Healthy Self	Connecting with Others	The Online World	Citizenship	Growing Up & Health Protection	Staying Safe, Citizenship & RSE
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	How can we look after our emotions?	How can I help myself and others feel happy and safe?	Taking on Challenges	How can I help others and the environment?	HP: How can I protect myself and others in daily life?	SS: How can I stay safe?
Year 2	How can we look after our bodies?	How can I build safe, kind and caring relationships with others?	How can we stay safe online?	How do people belong to a community and earn money?	GU: How can we look after and respect our bodies as we grow?	SS: How can I make safe choices in different places?
Year 3	How can I take care of my mind and body?	What helps us feel safe and included?	How should we communicate online?	What rights and responsibilities do we have?	HP: How can we prevent illness and injury and respond if they happen?	C: What careers do people choose and why?
Year 4	How can I make healthy choices?	How can we respect each other?	How can we decide what to trust online?	How can I spend money responsibly?	GU: How will my body and emotions change as I grow?	SS: What signs help me recognise what is safe or unsafe?
Year 5	How can I support my mind and body as I grow?	Why are healthy relationships important?	How am I influenced by what I see online?	How can we make a difference in our communities and beyond?	GU: How can I manage the changes to my body and emotions as I grow up?	C: How can we be in control of our money?
Year 6	How do my choices today shape my future?	What does it mean to stand up for myself and others?	How do I feel about the things I see online?	How can we protect everyone's rights?	SS: How can I stay safe as I grow up?	Sex Ed: How do people become parents and carers?