

William Law PSHRE Long Term Plan (2026-2027)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EY FS	Self regulation: My feelings Pol-Ed supplementary material: What can I do if I'm feeling big emotions? How can adults at school help me?	Building relationships: Special relationships	Managing self: Taking on challenges Pol-Ed supplementary material: How can I keep myself safe at school?	Self regulation: Listening and following instructions	Building relationships: My family and friends Pol-Ed supplementary material: How can I be a good friend? How can I play nicely with others? How can I make other children feel happy?	Managing self: My wellbeing Pol-Ed supplementary material: How does exercise help me? How does food help me? Who are the police and how do they help us? PiXL supplementary material: My Mind - Whole School - Google Drive
Y1	My healthy self: How can we look after our emotions? Pol-Ed supplementary material: How can I be an empathy expert? How can I share my feelings? What do feelings feel like? PiXL supplementary material: My Mind - Whole School - Google Drive Supplementary material: Managing our feelings KS1 Y1 RSHE (PSHE) Lesson Resources Oak National Academy	Connecting with others: How can I help myself and others feel happy and safe? Pol-Ed supplementary material: How can I be an ally? What if my friends are making me feel sad? Why is name calling unkind? What do the police do? How can I be an empathy expert? How can I speak up? Supplementary material: PANTS rules - Planning - Google Drive Talk PANTS: Conversation to help keep children safe NSPCC	The online world: How do we spend time online? Pol-Ed supplementary material: What is private information? Supplementary material: Parent Guides - Whole School - Google Drive Having the right amount of screen time KS1 Y1 RSHE (PSHE) Lesson Resources Oak National Academy Safer Internet Day - KS1 Ages 5-7 Primary Topic Packs - BBC Bitesize 4-5s Watching videos badge	Citizenship: How can I help others and the environment? Pol-Ed supplementary material: How can I be responsible? Why have different rules in different places? Supplementary material: Looking after the environment KS1 Citizenship Primary - BBC Bitesize 616ffdf70b39a0a80dd7ec51_KS1 - Helping the Environment - Teacher Pack.pdf	Health protection: How can I protect myself and others in daily life? Supplementary material: Health in the community KS1 Citizenship Primary - BBC Bitesize Keeping clean and healthy KS1 Y2 RSHE (PSHE) Lesson Resources Oak National Academy Washing hands KS1 Y2 Science Lesson Resources Oak National Academy KS1 lesson plan - NWAS - North West Ambulance Service The importance of handwashing	Staying safe: How can I stay safe? Pol-Ed supplementary material: How can I keep safe in new places? How can I use things at home safely? What is 999? PiXL supplementary material: Year 1 & 2 Session 2 Personal Safety.pptx - Google Slides
Y2	My healthy self: How can we look after our bodies? Pol-Ed supplementary material: What are medicines? What does it mean to be healthy? When do I need to take a break? Why is sleep important? PiXL supplementary material: My Health - Whole School - Google Drive	Connecting with others: How can I build safe, kind and caring relationships with others? Pol-Ed supplementary material: How are we the same? How are we different? How can I work with different people? Why are relationships important? How can I share family worries?	The online world: How can we stay safe online? Pol-Ed supplementary material: How can I keep safe online? What is the internet? What are the risks of video gaming? Supplementary material: Parent Guides - Whole School - Google Drive Rules for staying safe online KS1 Y2 RSHE (PSHE) Lesson Resources Oak National Academy How to be safe online? - BBC Bitesize Online gaming badge 6-7s Watching videos badge Sharing pictures badge Chatting online badge	Citizenship: How do people belong to a community and earn money? Pol-Ed supplementary material: What are needs and wants? What is a job? What is money? Supplementary material: NATWEST THRIVE NatWest Thrive - My first business NatWest Thrive - Earning extra money NatWest Thrive - Exploring jobs NatWest Thrive - Ways to make money Super Smoothie	Growing up: How can we look after and respect our bodies as we grow? Pol-Ed supplementary material: What are private body parts? How can I look after my body? Supplementary material: PANTS rules - Planning - Google Drive	Staying safe: How can I make safe choices in different places? Pol-Ed supplementary material: What are different types of meetings? How can I deal with change? What is fire safety? Supplementary material: Parent Guides - Whole School - Google Drive
Y3	My healthy self: How can I take care of my mind and body? Pol-Ed supplementary material: How can I share my worries? How can intense feelings feel?	Connecting with others: What helps us feel safe and included? Pol-Ed supplementary material: How should we treat people? What can I do when friendships go wrong?	The online world: How should we communicate online? Supplementary material: Parent Guides - Whole School - Google Drive	Citizenship: What rights and responsibilities do we have? Pol-Ed supplementary material: How can I be a responsible citizen? How do we enforce the law?	Health protection: How can we prevent illness and injury and respond if they happen? Pol-Ed supplementary material: What are emergency services?	Citizenship: What careers do people choose and why? Supplementary material: NATWEST THRIVE NatWest Thrive - Earning money

	What is mental health? What words can I use to talk about my feelings? How does school help me? PiXL supplementary material: My Mind - Whole School - Google Drive My Health - Whole School - Google Drive	What do we mean by consent in friendships? What is bullying? When should I break a secret? What do we mean by risk? Supplementary material: PANTS rules - Planning - Google Drive	• How do we communicate online? - BBC Bitesize • Being respectful online - Digital literacy: Video playlist - BBC Bitesize • Online gaming badge • 6-7s Watching videos badge • Sharing pictures badge • Chatting online badge	What are children's rights? What is the law and why do we have it? Supplementary material: • How to teach young children about rights UNICEF Parenting • Rule of law KS2 Y3 RSHE (PSHE) Lesson Resources Oak National Academy	What are emergency situations?	• NatWest Thrive - Get future ready - primary
Y4	My healthy self: How can I make healthy choices? Pol-Ed supplementary material: How can I be a hygiene hero? How do my choices help me to be healthy? What are healthy habits? What is my body trying to tell me? Why is food fuel? PiXL supplementary material: My Health - Whole School - Google Drive	Connecting with others: How can we respect each other? Pol-Ed supplementary material: How can we be role models? What is a healthy friendship? What is discrimination? What is diversity? What is peer influence? How can I respect my environment? What are protected characteristics? What is hate crime? Supplementary material: • PANTS rules - Planning - Google Drive • Respect Lesson and Activities - The Responsive Counselor • Talking to children about racism NSPCC • Talking about race and racism Teaching resources • racism-explained-visual-story.pdf	The online world: How can we decide what to trust online? Pol-Ed supplementary material: Y5 - What can and can't I do on the internet? Supplementary material: • Parent Guides - Whole School - Google Drive • NatWest Thrive - Avoiding fraud video • Knowing who to trust online KS2 Y4 RSHE (PSHE) Lesson Resources Oak National Academy • 8-10s: Stay Safe • 8-10s: FAQs	Citizenship: How can I spend my money wisely? Supplementary material: NATWEST THRIVE • NatWest Thrive - Debit and credit • NatWest Thrive - Different ways to pay video • NatWest Thrive - Money choices • NatWest Thrive - Choices: saving money • NatWest Thrive - How banks work video • NatWest Thrive - Tracking money • NatWest Thrive - Party planning (volunteer session) • NatWest Thrive - Savings goals	Growing up: How will my body and emotions change as I grow up? Supplementary material: Emotional and Social Changes During Puberty Amazing Me	Staying safe: What signs help me recognise what is safe or unsafe? Pol-Ed supplementary material: How can I keep safe in my local area? How can we keep safe on the road? What are hazards in the home? What is first aid?
Y5	My healthy self: How can I support my mind and body as I grow? Pol-Ed supplementary material: What do I know about drugs? How might being online impact the way I feel? How might my activity levels impact the way I feel? How might school impact the way I feel? PiXL supplementary material: My Health - Whole School - Google Drive	Connecting with others: Why are healthy relationships important? Pol-Ed supplementary material: How can my adult relationships affect my future? What is peer pressure? Why are our special people important? How do words have power? PiXL supplementary material: Year 5 & 6 My Mind Session 5 Support Network.pptx - Google Slides	The online world: How am I influenced by what I see online? Pol-Ed supplementary material: What is grooming? What is media influence? How can we use our phones sensibly? What is media literacy? How might being online impact the way I feel? Supplementary material: • Parent Guides - Whole School - Google Drive • Understanding online influencers KS2 Y5 RSHE (PSHE) Lesson Resources Oak National Academy • 8-10s: Stay Safe • 8-10s: FAQs	Citizenship: How can we make a difference in our communities and beyond? Supplementary material: • Helping others KS2 Citizenship Primary - BBC Bitesize • SPCK Assemblies - Making a Difference	Growing up: How can I manage the changes to my body and emotions as I grow up? Pol-Ed supplementary material: How might puberty impact the way I feel? What do I know about drugs? How can drugs and alcohol make people feel? Supplementary material: PANTS rules - Planning - Google Drive You Are Awesome supplementary material: 2. Sessions 1-8 - Whole School - Google Drive	Citizenship: How can we be in control of our money? Pol-Ed supplementary material: What are the risks with money? Supplementary material: NATWEST THRIVE • NatWest Thrive - Helping Harvey • NatWest Thrive - How banks work • NatWest Thrive - Money choices • NatWest Thrive - Opening a savings account video • NatWest Thrive - Fraud explained
Y6	My healthy self: How do my choices today shape my future? Pol-Ed supplementary material: How can I seek support for my mental health? What does adulthood look like?	Connecting with others: What does it mean to stand up for myself and others? Pol-Ed supplementary material: How can we be allies against racism? How can we challenge sexism?	The online world: How do I feel about being online? Pol-Ed supplementary material: How is my data shared? Why does media have age restrictions? Supplementary material:	Citizenship: How can we protect everyone's rights? Supplementary material: • Rules, rights and responsibilities KS2 Citizenship Primary - BBC Bitesize	Staying safe: How can I stay safe as I grow up? Safe4me supplementary material: https://www.safe4me.co.uk/portfolio/drugs-primary-school/ Pol-Ed supplementary material:	Sex education: How do people become parents and carers? Supplementary material: SRE SEND support - Whole School - Google Drive (only use if needed & please speak to SLT before using)

		Supplementary material: Bullying - Planning - Google Drive How Can I Be Assertive and Stand Up For Myself? Kidscape Talking to children about racism NSPCC racism-explained-visual-story.pdf	Parent Guides - Whole School - Google Drive Social Media and Mental Health Tips and Advice Young Minds 8-10s: Stay Safe 8-10s: FAQs	Know your rights Activities Scouts What can we do as citizens to protect the rights of others? KS3 Y7 Citizenship Lesson Resources Oak National Academy	What is spiking? What is the issue with addiction? (vaping/smoking) What does the law say about legal drugs? Supplementary material: PANTS rules - Planning - Google Drive	Pol-ed add on lessons: <i>How can I get ready for secondary relationships?</i> What is a weapon? What is shop theft?
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Pre-made additional lessons if needed ([PSHRE - Planning - Google Drive](#))

- Bullying
- PANTS rule
- NSPCC KS1
- NSPCC KS2
- Different family types
- KS2 Banter vs bullying
- KS2 Banter vs bullying- amended lesson for Year 5
- Offensive language (upper KS2)
- Gossiping and rumours
- Rough play/fighting
- Excluding others

