



PSHE Long Term Plan



| | | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|-----------------|--------------|------------------------------|--|---|-------------------------------------|---|--------------------------------|
| Cycle A | | Being Me in My World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing Me |
| | | 'Who am I and how do I fit?' | Respect for similarity and difference. Anti-bullying and being unique. | Aspirations, how to achieve goals and understanding the emotions that go with this. | Being and keeping safe and healthy. | Building positive, healthy relationships. | Coping positively with change. |
| | Seals | EYFS | EYFS Units | | | | |
| | KS1 | Year 1 Units: Ages 5-6 | | | | | |
| Dolphins | LKS2 | Year 3 Units: Ages 7-8 | | | | | |
| | UKS2 | Year 5 Units: Ages 9-10 | | | | | |



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| | | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|-----------------|--------------|------------------------------|--|---|-------------------------------------|---|--------------------------------|
| Cycle B | | Being Me in My World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing Me |
| | | 'Who am I and how do I fit?' | Respect for similarity and difference. Anti-bullying and being unique. | Aspirations, how to achieve goals and understanding the emotions that go with this. | Being and keeping safe and healthy. | Building positive, healthy relationships. | Coping positively with change. |
| | Seals | EYFS | EYFS Units | | | | |
| | KS1 | Year 2 Units: Ages 6-7 | | | | | |
| Dolphins | LKS2 | Year 4 Units: Ages 8-9 | | | | | |
| | UKS2 | Year 6 Units: Ages 10-11 | | | | | |